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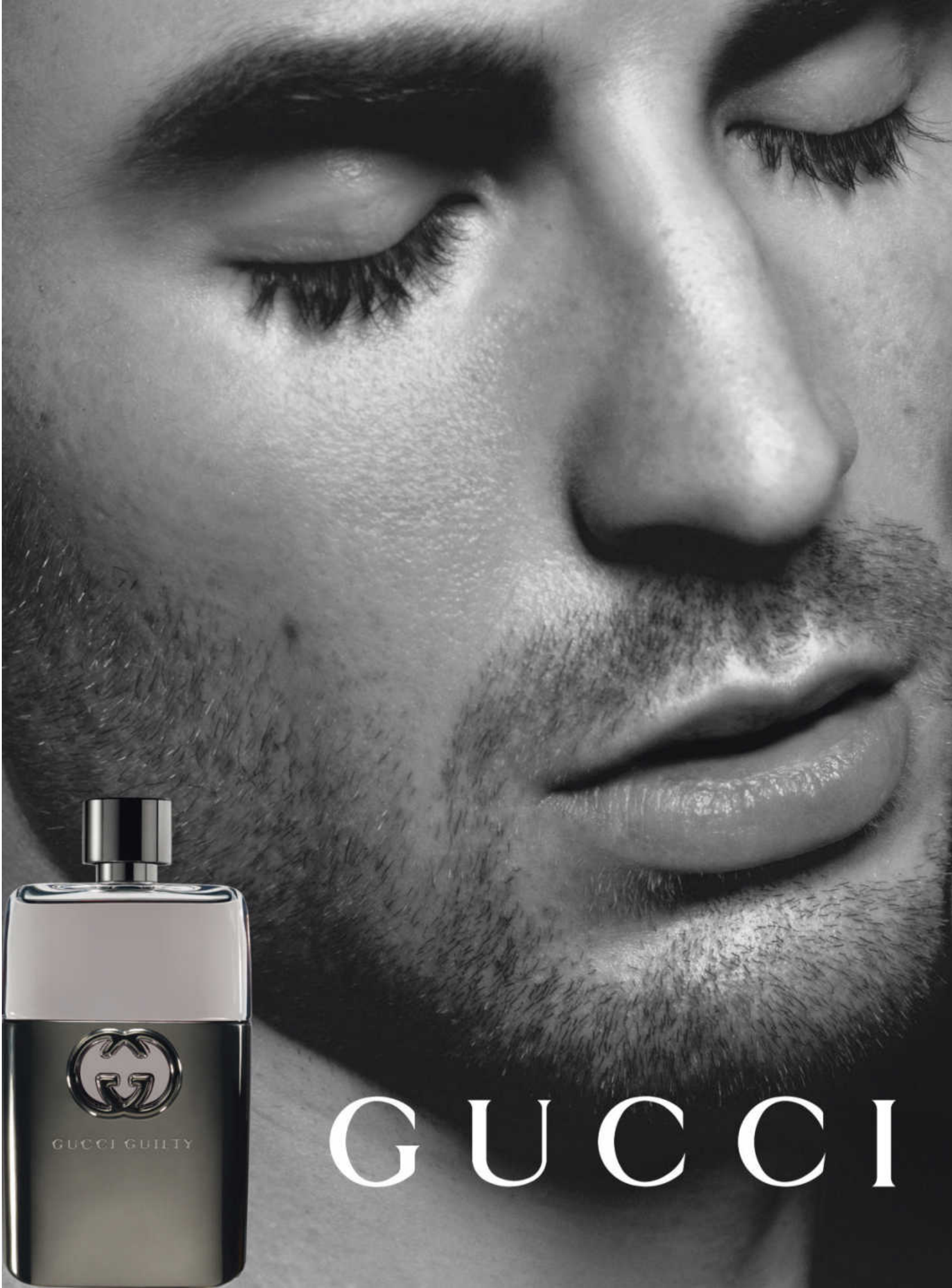
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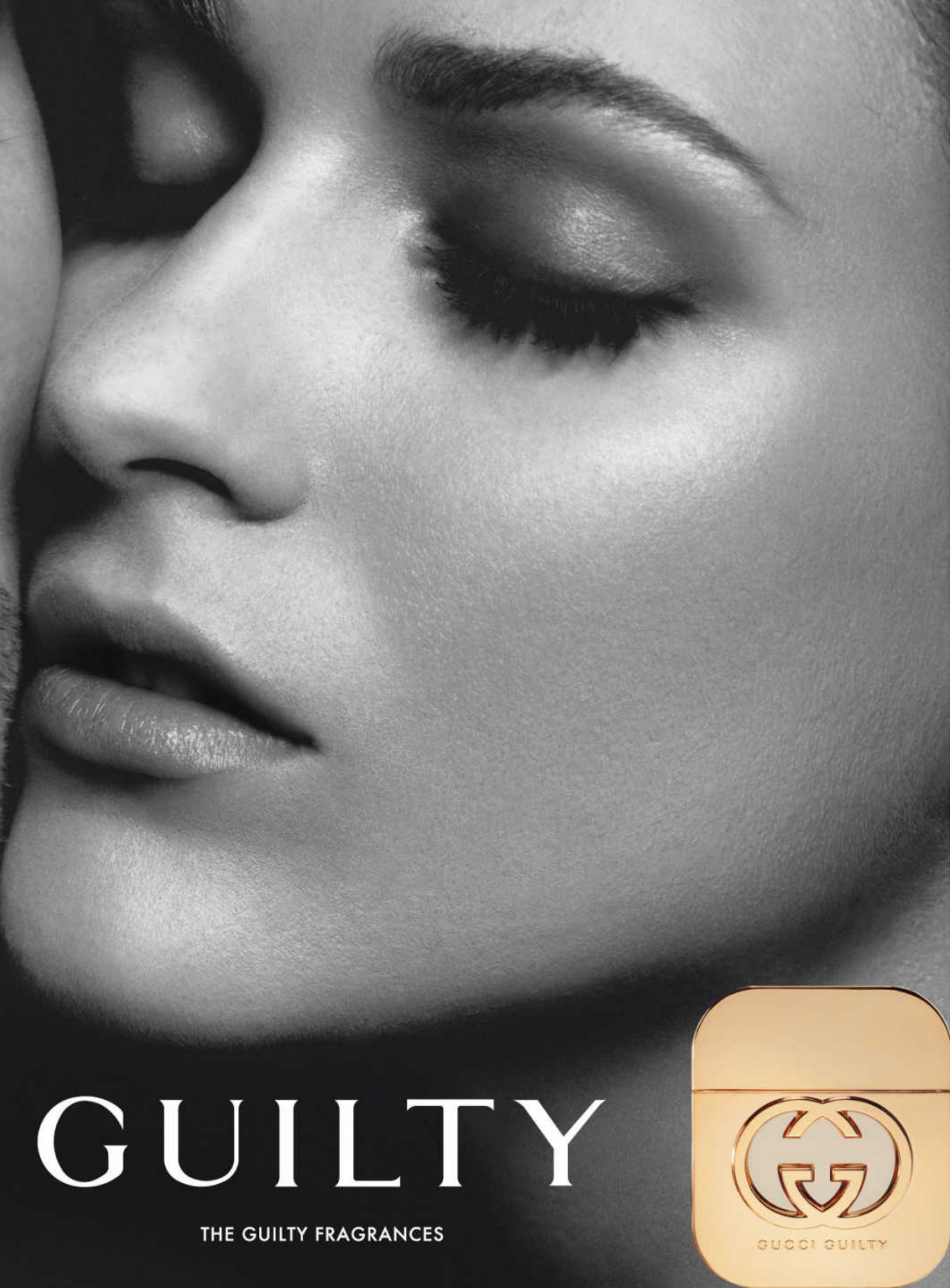
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MAN OF TODAY

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HEALTH

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Your ears are well-tuned painkillers. Here's how to put the din of sore muscles on mute

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STYLIST SAMANTHA MCMILLEN AT THE WALL GROUP
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THE EXPERT PANEL

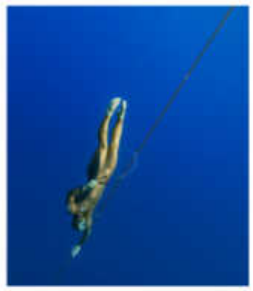
AS YOU WELCOME IN 2016, THIS MONTH'S ROLL CALL OF SPECIALISTS TELL YOU HOW TO MAKE THE NEW YEAR COUNT



TRAIN LIKE THE PROS

TIM KERRISON

Conquer any climb and develop Froome-esque stamina with elite cycling secrets from Team Sky's head of performance **p69**



REACH NEW DEPTHS

GUILLAUME NÉRY

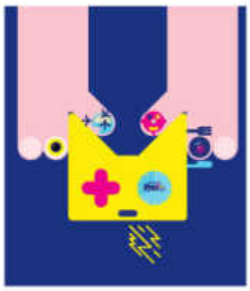
Top French freediver Néry, who regularly risks his life for his sport, explains what pushes people to take the plunge 100m+ below **p82**



GET WELL FASTING

PROFESSOR VALTER LONGO

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Award-winning journalist and author Syed explains how to turn failure into success using his theory of 'black box thinking' **p76**



REWRITE THE RULES

JAMES COLLINS

Cancel the January detox. Senior sport and exercise nutritionist Collins tells you why the new year is, in fact, a time to imbibe **p34**

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54 FITNESS INSTRUCTORS	3 PSYCHOLOGISTS
11 PERFORMANCE SPECIALISTS	3 STRENGTH EXPERTS
7 RESEARCH PROFESSORS	2 PHYSIOLOGISTS
6 REGISTERED DIETITIANS	2 EXECUTIVE CHEFS
5 GENERAL PRACTITIONERS	1 FILM DIRECTOR
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EDITOR'S LETTER

YOUR BEST EVER YEAR STARTS HERE

PAGE 68
Is fasting really the quickest way to slow ageing? *MH* dissects the *dernier cri* in health crazes





PAGE 28
Know your cold-pressed from your wheatgrass? The snob's guide will help you wring the most from juicing at home

PAGE 69
Our assembly of elite sports coaches can make you the ultimate athlete. Step into the *MH* Performance Lab





PAGE 76
Make an ally of failure and you'll really see your ambitions take flight this year



PAGE 90
We scoured the country for the cream of a new crop of exercise classes. Ready to shake up your schedule?



PAGE 154
Selecting the right pint can do wonders for your head. Hops to it

TURN OVER A NEW LEAF – JUST MAKE IT THE RIGHT ONE (P44)

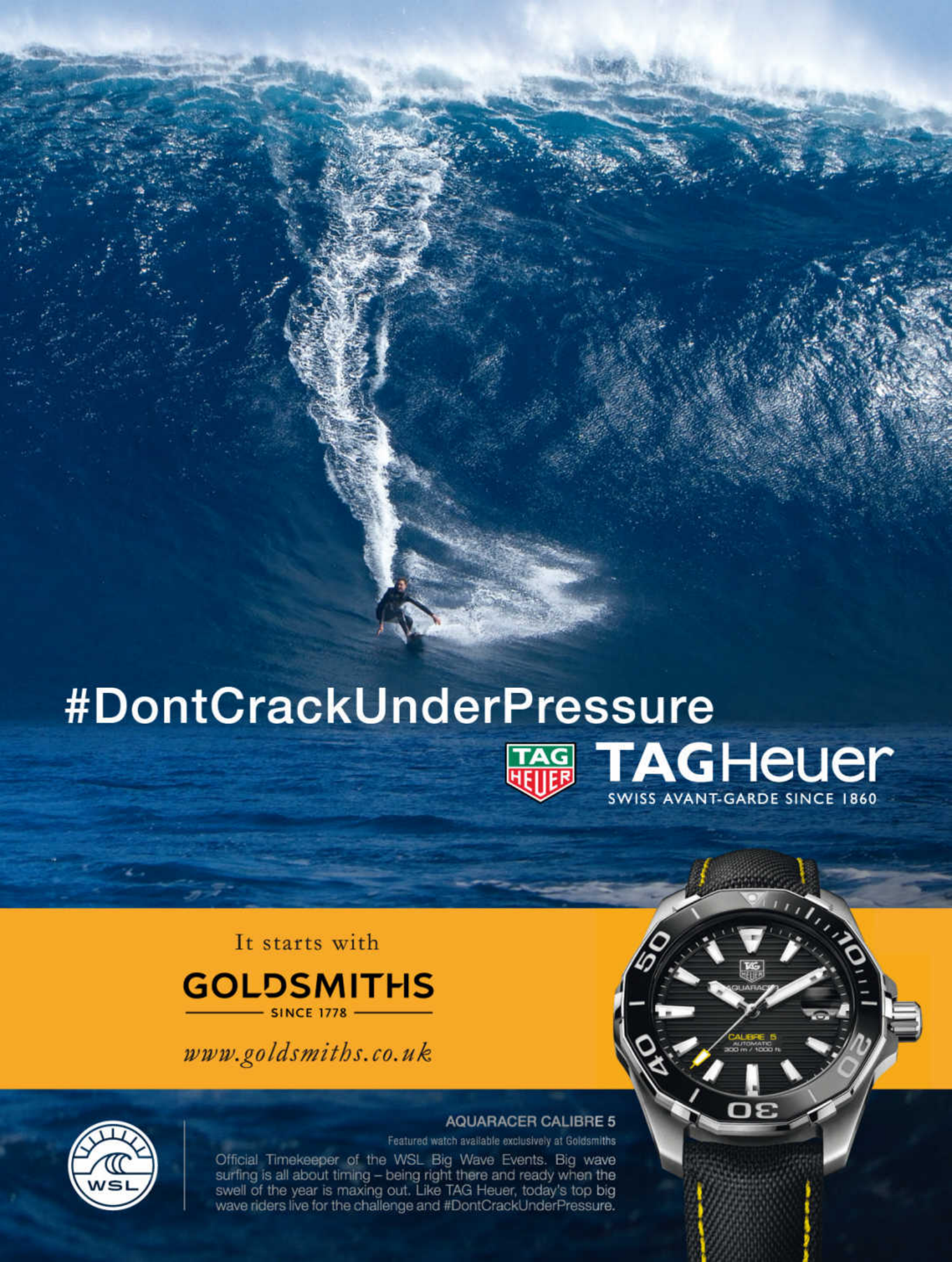


Depending on when and where you pick up this magazine, the frame of mind you are in will likely vacillate wildly. Perhaps it's early December and you're busy making false promises about the runs you'll do over Christmas and the virtuous workouts with which you'll make the most of the break. Good luck with that. Or maybe it's during the metaphysical hangover of a Sunday morning in early 2016, when that gnawing feeling inside mind and body is matched only by a long and nauseating chafing of the soul. In which case, welcome back! We've all been there and we shall keep on returning long after we should have learnt better.

Having lived through a few desolate, dyspeptic New Year mornings myself (not to mention having worked on a decade of *Men's Health* January issues) it is my role here to reassure you that all things must pass. And they will, in good time. But they will *not* as a result of a few flaky resolutions and a vacation of the Tesco wine aisle in the name of 'charity'. Nor will you do yourself any favours if you decide to exercise squatter's rights over the local gym and subsist on a kale and spirulina juice-fasting diet.

No, January is a time for smart and measured change. It's about having the wherewithal to distinguish health fad from fact (p28) and sourcing the right expertise (p69). It's understanding how far to push yourself on the road to redemption (p90) and when it's OK to kick back with a beer (p34). And only then, it's knowing precisely which beer that should be in order to get a free brain fix thrown in (p154). In short, being smart is following our example and using this title as your trusty guide. You see, we've been here before. You're in good hands.

TOBY WISEMAN
BSME EDITOR OF THE YEAR


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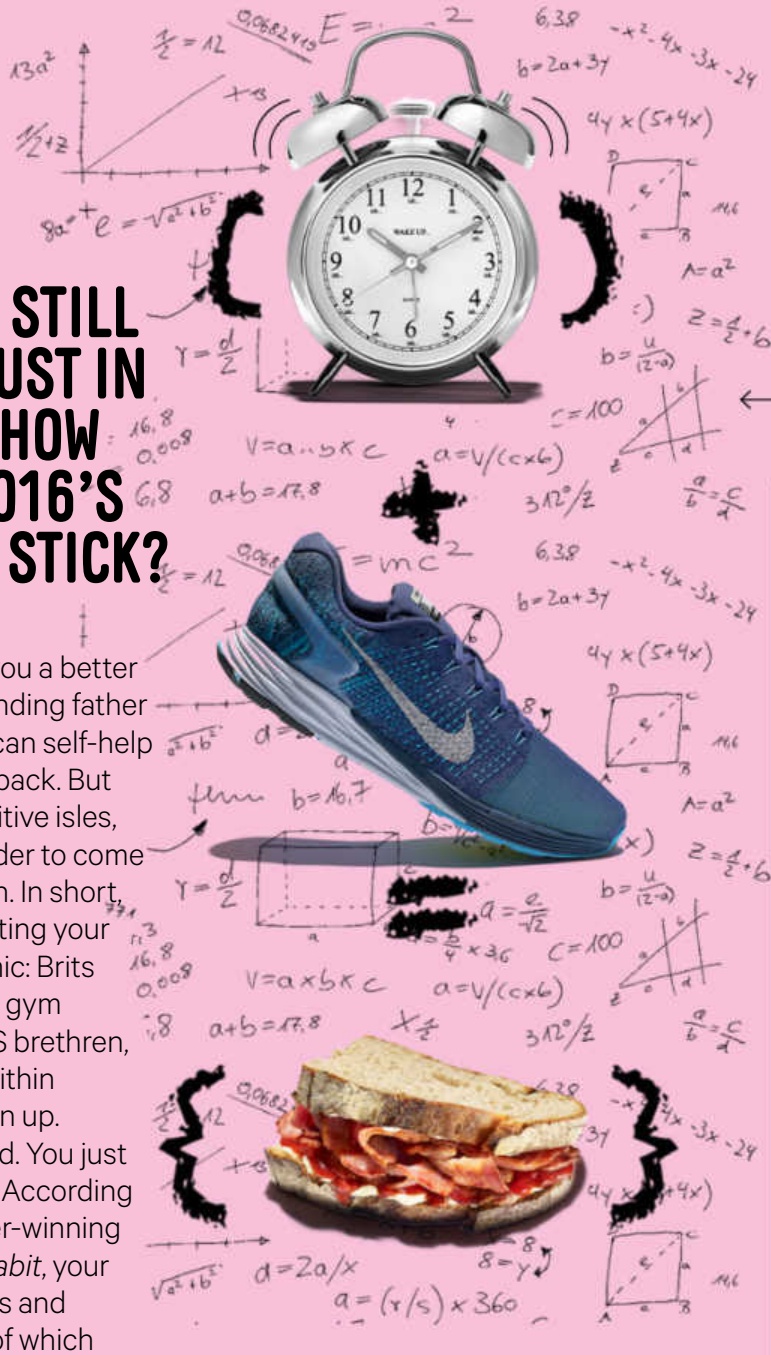
ASK MH

FRACTION OF A DOUBT? WE HAVE SOLUTIONS

THE BIG QUESTION

LAST YEAR'S TREADMILL IS STILL GATHERING DUST IN THE GARAGE. HOW CAN I MAKE 2016'S RESOLUTIONS STICK?

ROB, SHEFFIELD



"Let every new year find you a better man." So declared US founding father Benjamin Franklin. American self-help platitudes clearly go way back. But on our decidedly less positive isles, *amour-propre* can be harder to come by after festive flagellation. In short, you're not alone in neglecting your training. In fact, it's endemic: Brits are less likely to stick with gym memberships than our US brethren, with most of us quitting within 24 weeks of a January sign up.

But this can be remedied. You just need to rewire your brain. According to Charles Duhigg, Pulitzer-winning author of *The Power of Habit*, your brain responds to prompts and dividends, the repetition of which forms patterns that eventually become second nature.

Let's take 'go for morning run' as an example. First, develop a cue that reminds you of your desired habit – say, placing your alarm clock next to your trainers. When you've been for said run, treat yourself with a reward such as a bacon sandwich or an episode of your favourite boxset. This creates links in your subconscious, teaching it to associate pain with gain. Now write down the formula: trainers + run = bacon sandwich. This holds it in your brain like glue, making it stick. Well, until you run out of bacon.

GET UP AND AT 'EM

Make forcing yourself out the door at 7am a little less punishing

01\ CRIMSON BOLT
If you draw the line at repainting your bedroom, at least make sure your gym gear is red. A study in *Lighting Research and Technology* found the hue increases mental alertness. Thank science when you're burning fat instead of catching Zs.

02\ SHAKE OFF FATIGUE
Working out first thing will seem more appealing when you're energised. Mix a pre-workout shake the night before with banana, coffee and milk: the fruit's sugar provides easy-access energy, while the shot of caffeine boosts your adrenaline.

03\ THE HOME STRETCH
Coax your muscles out of their slumber with a few stretches. Lie back and bring your knee up to the opposite side on your chest for a piriformis stretch, then extend your arms overhead to gently elongate your spine. Now lace up and head on out.

WORDS: ALEX HARRIS, JACK HART | PHOTOGRAPHY: HEARST STUDIOS | FOOD STYLIST: TAMARA VOS

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ASK MH

WE UNRAVEL DYED-IN-THE WOOL BRO SCIENCE

Q HALF OF MY PROTEIN POWDERS ARE PAST THEIR USE-BY DATE. BUT I'M SKINT. THEY'RE OK, RIGHT?

MARTIN, BOURNEMOUTH

Are you worried about your bowels or your biceps? "Protein powders don't spoil like food does, because a dry environment makes it hard for microbes to grow," says Dr Bob Roberts, professor of food science at Penn State University. So unless you're storing your tub in a warm, humid place, you're fine on the underpants front. But its muscle-building mojo does diminish over time. Protein reacts with the milk sugars, resulting in a breakdown of the amino acid lysine. "If you lose lysine, then the powder will not be as complete of a protein," says Roberts. Only a day or two past the expiration date? Another sign of degradation is a fade in flavour, says Roberts. If you taste cardboard, toss it. And if it always tasted like cardboard, no wonder the stuff sat around for so long.

Q MY GIRLFRIEND KEEPS YAKKING ON ABOUT BONE BROTH. IS IT REALLY A PANACEA?

ALEX, REDDITCH

While you're right to view woolly terms like 'nourishing' with scepticism, there is something healthy to be said for boning out. As nutrition consultant Alex Ferentinos explains, enough data exists to suggest that the gelatine yielded by bones can aid collagen synthesis. This contributes to healthy joints, tendons, cartilage and ligaments – not quite an elixir, but good nonetheless. It's not just chicken, either; beef and pork have their benefits too. Take the remains of your Sunday roast, throw them in a pot with a few litres of water and some aromatic veg, simmer for three hours, then slurp away. Oh, and it's called stock, dude. Stock.

AM I NORMAL?

Q WHY IS MY BEARD A DIFFERENT COLOUR FROM THE HAIR ON MY HEAD?

GREG, MORECAMBE



If your face resembles a jowly badger then chances are it's hormonal, says dermatologist Dr Adnan Nasir. While an excess of dihydrotestosterone (DHT) can cause androgenic alopecia – that's male-pattern baldness to you and me – it can also *boost* facial hair growth. Since these follicles are more active than the ones up top, they also age more quickly. A surfeit of male sex hormones, which reduce hair-darkening melanin, makes a salt-and-pepper scruff somewhat inevitable.

If, on the other hand, you suffer from brown-mop-with-ginger-beard, you may be hardwired to produce a high level of pheomelanin, a form of melanin that gives hair a rusty cast. That said, a hint of copper in your beard can also be down to skin flakes catching to fairer hair, or even dirt and pollution landing and sticking around. Invest in a beard wash such as Murdock London's shampoo (£25 end.com) to scrub away debris. Still ginger? It's probably in your genes.

Q DO I NEED TO BE WEARING THOSE MULTI-COLOURED, OVERSIZED ELASTOPLASTS TO ACHIEVE DECENT GAINS?

DAVID, GUILDFORD

Presumably you're talking about kinesio tape. In which case, here's a big statistic for you: 0%. That was the change in strength found in test subjects who lifted weights while wearing tape, during a study in the *Journal of Science and Medicine in Sport*. Zilch. Not even a 1% pep up. So if you're looking for a strength boost, we say stick to creatine. Where the tape does boast efficacy, however, is during recovery. Specifically, it supports injured muscles or ligaments, which is why you see this stuff on pro footballers. Reacquainting with the gym for January? Follow our guide.

STICK IT TO INJURIES

This is how to tape up your shoulder: the most injury-prone area for those coming back from time off training



STEP ONE
Anchor a Y strip (packs come with shape guides) at the bottom of your delt. Wrap each side around the muscle area.

STEP TWO
Place a whole strip on the same area, but cut it longer so it runs up the shoulder. Place tightly in a straight line.

STEP THREE
Now apply the final strip at the bottom of your shoulder blade, running it down onto the top of your arm.


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Men's Health

EDITED BY DEAN STATTMANN

AGENDA











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THE BEST EXERCISE YOU'RE NOT DOING

ROCK'N'ROLL A NEW 6-PACK

In a powerful mash-up of two tried and tested abs-tuners, the slick **SWISS BALL PIKE ROLLOUT** is your new hit move for a hard-rock core

Forming the best rock pairing since David Bowie entered a recording studio with Queen, the Swiss ball pike and the extended rollout are the perfect combo for crafting quarried abs. A recent study in the *Journal of Orthopaedic and Sports Physical Therapy* confirmed that pikes are up to 40-70% better than other Swiss ball exercises for working your external and internal obliques. Translation: they obliterate your love handles. Meanwhile, rollouts are hugely effective for honing your upper and lower rectus abdominis, helping you hammer the full six frontal abs. Allowing these two powerhouse moves to sing in harmony means the flexion of the pike and extension of the rollout work your abs through a wider range of motion. Meanwhile, the Swiss ball challenges lower back and hip flexor stability to isolate your core. Delivering tighter abs, better posture, stronger weight-lifting form – plus the encore of a tidy chest and shoulder workout – this is your platinum move to put your upper body at centre stage.



01 PLANK IT UP

Lie with your shins on a Swiss ball in a plank position. Place your feet near the rear of the ball so you have room to roll forward. Brace your abs to lift yourself up and draw a straight line from shoulders to your toes.

02 PULL A PIKE

Now, turn your ab workout on its head. Push your hips up until your body forms a near-vertical line from your hands to your lower back. Hold here for 3-4sec, making small movements with your feet to stay balanced.



03 GO LOW

Lower yourself back down into a plank position, moving as slowly as you can. Maintain tension in your core throughout and stop when your back is straight and parallel to the floor once more.

WHAT YOU'LL GAIN



AN EPIC 8-PACK

+



TEE-FILLING SHOULDERS

+



SOLID POSTURE

+



A ROCKING UPPER BODY

04 ROLL ON

Finally, from the plank position, push away with your hands and slide back as far as you can. Your body should stay straight and finish at a 30-45 degree angle to the floor. This last bit hurts, so stick with it.

WORDS: MARK BAILEY | PHOTOGRAPHY: PHIL HAYNES | GROOMING: SABINE CHAMMAS | MODEL: LEE MCLAUGHLIN AT W ATHLETIC | JOGGERS TOPMAN.COM, TUBULAR RUNNER WEAVE ADIDAS AT JDSPORTS.CO.UK



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F1 World Champion
2010, 2011, 2012, 2013

* Based on global Braun value share in electric foil shaver market from May 2013 to April 2014. Source: Leading market research institute ** Compared to previous Braun generations

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GIVE PAIN A RIGHT OLD EARFUL

Who needs pills when relief is at your fingertips? Switch off agony with some aural medicine

There is back pain: the dull, debilitating ache resulting from a long day at work. Then there is *back pain*: the acute feeling of someone having played your vertebrae like a xylophone with a wrench, resulting from a long decade at your desk. Sound familiar? If so then you, sir, need some aural medication. Scientists at the University of Pittsburgh have found that 'auricular point acupressure', a therapy related to ear acupuncture, has beneficial effects over chronic back pain. After four weeks of treatment, subjects reported a reduction in suffering to the tune of 44%. Now, as a rule, *MH* adopts a quizzical view of alternative therapies, but these are numbers we can get behind. Crucially, needles are not involved (instead, patients rub seeds into acupoints) making this a treatment that can be tried at home. Check out the sweet spots below for DIY back-up.

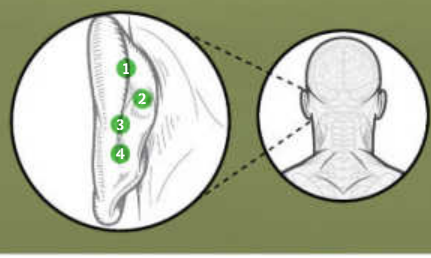


BELIEVE YOUR EARS: THIS TRICK WILL GET YOU BACK ON FORM

SORE POINTS

Follow our visual guide to hit these four posterior pain spots right where it hurts

1. **POPLITEAL FOSSA** Back of the knee
2. **SCIATIC NERVE** Back/glutes/legs
3. **LUMBOSACRAL** Lower back
4. **GROVE OF SPINAL POSTERIOR** Lower back



30 Exercise for this many minutes a day, six days a week, to cut your risk of early death by a heart-stopping 40%

British Journal of Sports Medicine

THE NUMB3R

WEIRD SCIENCE

EXPOSURE TO POLLUTION SHRINKS YOUR BRAIN. TRY THE 'UBREATHE' APP FOR AN UP-TO-DATE HOTSPOT MAP THAT'LL CLEAR YOUR MIND

Harvard University



YOUR PRIME DIABETES RISK IS OVER EASY

Scramble your defences: according to a study in the *American Journal of Clinical Nutrition*, eggs could be your key ally in the war on diabetes. Men who consumed at least four medium-sized eggs a week had a 37% lower risk of type 2 than those who believe the chicken comes first. Antioxidant carotenoids found in the yolks fight inflammation associated with diabetes, researchers say. They suggest eating at least one egg a day for the maximum benefit. No need to overdo it, though. After all, one egg is un oeuf.

WORDS: ALEX HARRIS | ILLUSTRATION: PETER CROWTHER | ADDITIONAL ILLUSTRATION: CLINT FORD | ADDITIONAL PHOTOGRAPHY: HEARST STUDIOS

THE HEALTH SNOB'S GUIDE TO JUICING

FIRST IT WAS THE HIPPIES, THEN CAME THE HIPSTERS – NOW EVERYONE'S ON THE BANDWAGON. BUT TO SQUEEZE THE MOST FROM YOUR VEG YOU NEED TO EXTRACT FACT FROM FAD



01
FLUID DYNAMICS

The old foodie platitude about a dish being only as good as its ingredients is never truer than here. For the ideal blend, mix the four categories below in descending order of bulk. Time is pressing....

i GREEN ARMY

Kale and spinach are at the juicing vanguard with good reason (see p44) but wresting much liquid from them is hard. Force through with heavier ingredients for a better yield.

ii ROOTS MANOEUVRE

A high veg-fruit ratio means a big hit of antioxidants without overdoing the fructose. It can also mean a glass resembling pond water. Adding carrots will lend a natural sweetness.

iii FRUIT MACHINES

Feeling fruity? Exercise some caution: too much of a juiced thing isn't always better. About 300ml total is optimal – much more than that and your body won't be able to assimilate it.

iv ADDED VALUES

Used sparingly, hard-hitting flavours from chilli and ginger will transform a juice from 'worthy' to 'worth drinking'. Buy organic so you can leave the skin on for bonus points.



02
TRACTION CONTROL

When you're ready to pulp and grind, remember: speed kills nutrients. High-speed machines quickly raise the temperature, vaping vitamins. Meanwhile, cold-pressing is lengthy and costly. This Novis model (**£279 harrods.com**) alters its speed based on your ingredients, to strike a balance between hipster OCD and leaving home on time.



03
COLD STORAGE

If you're taking the fruit and veg of your labours with you, keep in mind that sunlight and oxygen also degrade vits. A double-walled vacuum flask (**£27 johnlewis.com**) will protect – and chill – your juice, while a reusable straw spares your teeth the sugars.

04
SQUEEZE YOURSELF

The gaudy bottles increasingly filling the shelves of supermarket chillers are, for the most part, all bumph and no pips. The majority are pasteurised to extend their shelf life, instantly killing off the enzymes your body is thirsty for. Get on your own brand of juiced benefits with four winter-proofing recipes by of Pandora Symes, founder of wellness coaching site rootedlondon.com. Pick out your antidote from the selection below.

PEPPER YOUR STAPLE JUICE WITH EXTRA BENEFITS



ENERGY FRUIT INFUSION
Rhubarb has two seasons and is a sharp alternative to saccharine fruits. Juice 1 cucumber, 4 stalks of rhubarb, ½ cup of strawberries and 2 apples. Add ½tsp cinnamon.

GREENS WITH IMMUNITY
Juice 3 handfuls of spinach, ½ a head of romaine lettuce, 1 cucumber, 2 big handfuls kale, small handful of parsley and mint and 1 lime. Mix with ½ again of coconut water for a touch of sweetness.

HANGOVER CITRUS BOMB
Juice 1 lemon, 1 lime, 1 red chilli (or 2 if you're daring) and mix with 1tbsp of agave and 400ml water. This works best first thing in the morning – and beats OJ to a pulp.

ROOT OF GOOD DIGESTION
Juice 1-2 small beetroots, 1 orange, ½ cucumber, 2cm ginger, 2 carrots and 1 lime in that order – the rind of the last ingredients helps to draw the rest through. If you prefer it slightly sweeter, add more fresh orange.

CRUSH THE COMPETITION

If carrot and kale are too vanilla for your Instagram feed, try pimping your juice with these hard-won nutritional extras

WHEATGRASS
Packed with vitamins and amino acids, but hard to juice. Instead, grind in a pestle and mortar, adding water to form a paste. Strain through muslin until the leaves turn white.

ALMOND MILK
The true 'plant milk' aficionado makes his own. Soak almonds overnight, then drain. Add 3 cups of water back to the bowl, then slowly spoon nuts and water into the juicer.

NUT/SEED BUTTERS
Free from additives, but a bit more hassle. Swap the juice screen with a blank plate, blend a handful of nuts with 1-2tbsp of oil then push through the rest of the nuts. Voila.

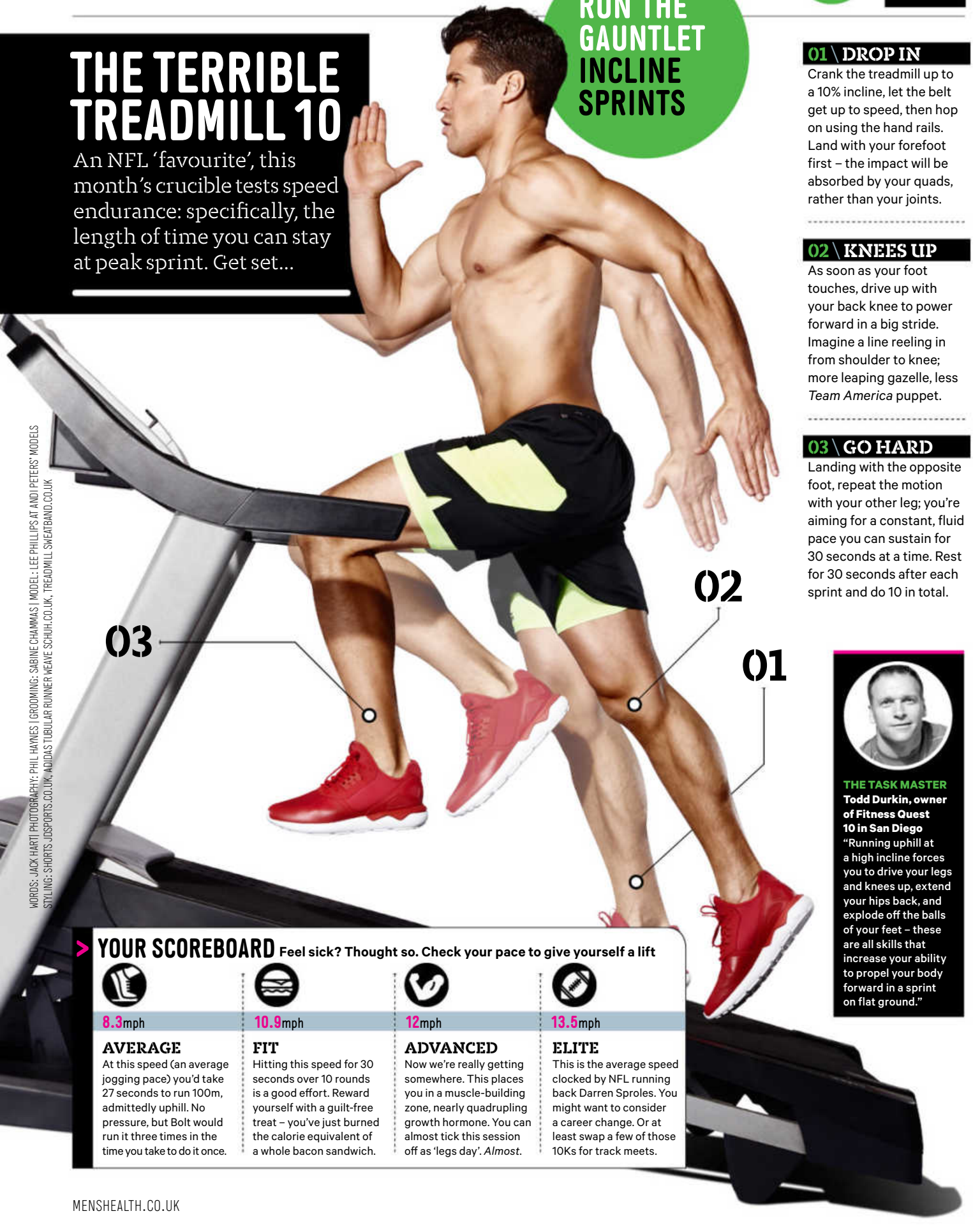
WORDS: DAVID MORTON | PHOTOGRAPHY: LOUISA PARRY | FOOD STYLIST: JACK SARGESON | STAINLESS STEEL STRAW ECO-STRAWS.CO.UK | SUPER JUICING BOX ABELANDCOLE.CO.UK


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THE TERRIBLE TREADMILL 10

An NFL 'favourite', this month's crucible tests speed endurance: specifically, the length of time you can stay at peak sprint. Get set...

RUN THE GAUNTLET INCLINE SPRINTS



01 \ DROP IN

Crank the treadmill up to a 10% incline, let the belt get up to speed, then hop on using the hand rails. Land with your forefoot first – the impact will be absorbed by your quads, rather than your joints.

02 \ KNEES UP

As soon as your foot touches, drive up with your back knee to power forward in a big stride. Imagine a line reeling in from shoulder to knee; more leaping gazelle, less *Team America* puppet.

03 \ GO HARD

Landing with the opposite foot, repeat the motion with your other leg; you're aiming for a constant, fluid pace you can sustain for 30 seconds at a time. Rest for 30 seconds after each sprint and do 10 in total.

THE TASK MASTER
Todd Durkin, owner of Fitness Quest 10 in San Diego
"Running uphill at a high incline forces you to drive your legs and knees up, extend your hips back, and explode off the balls of your feet – these are all skills that increase your ability to propel your body forward in a sprint on flat ground."

YOUR SCOREBOARD Feel sick? Thought so. Check your pace to give yourself a lift

8.3mph	10.9mph	12mph	13.5mph
AVERAGE	**FIT**	**ADVANCED**	**ELITE**
At this speed (an average jogging pace) you'd take 27 seconds to run 100m, admittedly uphill. No pressure, but Bolt would run it three times in the time you take to do it once.	Hitting this speed for 30 seconds over 10 rounds is a good effort. Reward yourself with a guilt-free treat – you've just burned the calorie equivalent of a whole bacon sandwich.	Now we're really getting somewhere. This places you in a muscle-building zone, nearly quadrupling growth hormone. You can almost tick this session off as 'legs day'. *Almost.*	This is the average speed clocked by NFL running back Darren Sproles. You might want to consider a career change. Or at least swap a few of those 10Ks for track meets.

WORDS: JACK HART| PHOTOGRAPHY: PHIL HAYNES | GROOMING: SABINE CHAMMAS | MODEL: LEE PHILLIPS AT ANDI PETERS' MODELS
STYLING: SHORTS JDSPORTS.CO.UK; ADIDAS TUBULAR RUNNER WEAVE SCHUH.CO.UK. TREADMILL SWEATBAND.CO.UK

THE MH INSTITUTE FITNESS TRACKERS



BEST MOTIVATION

MH WINNER



BEST ALL- ROUNDER

BATTLE OF THE BANDS

Wearable tech has undoubtedly upgraded the way we train, but choices are many and quality is variable. MH tests the metrics

The power of data has never been more apparent. Once the specialised resource of elite athletes, the use of wearable tech to monitor and assess our stats is now the wrist-top norm. With details such as heart rate, sleep patterns and calories burnt available at the tap of a screen, getting fitter, stronger and healthier is increasingly something of an exact science.

Unsurprisingly, self-monitoring has become pretty big business. The International Data Corporation (IDC) predicts that a total 76 million units of wearable tech will have been shipped in 2015, with wrist-worn trackers accounting for two-thirds of that total.

So much choice at your fingertips is not necessarily a good thing, however. Not all coaches are good coaches. To keep you on the right side of the trackers, we took five of the latest stand-alone monitors (no Apple Watches allowed) and paced them through a full week of cardio commuting, lunchtime workouts, after-work activities and everything else in between. What's clear is that, when it comes to trackers, one size certainly does not fit all. See how they – and you – measure up.

AFFORDABLE TECH

Polar M400 £158

Comfort	●●●●●○○○○○
Fit/design	●●●●●●●●○○
Durability	●●●●●●●●○○
Value	●●●●●●●●○○
Technology	●●●●●●○○○○

HIT YOUR STRAPS Bridging the gap between cost and tech, the M400 offers a lot of features for a mid-range watch. Alongside GPS, steps and sleep, the watch features some built-in fitness tests to help calibrate your calorie burn and heart rate zones, so you can guarantee you're on the right track to a better body.

EXPERT VIEW Polar's FlowSync software was one of the more tedious on test but, that aside, the watch functions outweighed any grumbles with its set-up. As with Garmin, there's no built-in HR monitor, but the chest strap performs well when you really want to get the blood pumping.

TOTAL TRACKING

Garmin Vivoactive £229

Comfort	●●●●●●●●○○
Fit/design	●●●●●●●●●○
Durability	●●●●●●●○○○
Value	●●●●●●●○○○
Technology	●●●●●●●●○○

WRIST ASSESSMENT This may be the best-looking Garmin for a while, but the Swiss company has stuck with what it does best by relying on a chest strap for its HR monitor. We'll let Vivoactive off for this inconvenience due to the sheer number of functions fitted into such a small device.

EXPERT VIEW The touch-screen, swipe interaction, multi-sport options, GPS, smart notifications, music controls, target goals and sleep mode all make for a very capable tracker. You can sync it with enabled devices – including Wattbikes – so every ounce of sweat will be fully logged.

WORDS: BEN HOBSON | PHOTOGRAPHY: ROWAN FEE



DATA POINT

Fitbit Surge £200

Comfort	●●●●●●●●○○
Fit/design	●●●●●●●●○○
Durability	●●●●●●●●○○
Value	●●●●●●●○○○
Technology	●●●●●●●●●○

BAND DESIGNS As top dog in Fitbit's range, Surge sports a few bells and whistles – GPS, HR tracking, multi-sport settings – but its design is still the defining factor here. With stripped-down aesthetics and a wedge-shaped watch body, this will definitely appeal to those who prefer to stand out from the crowd.

EXPERT VIEW Fitbit's PurePulse technology allows near constant tracking during your workouts, clocking every heart beat, step and calorie burnt. The optical tracker was one of the best when compared to our chest strap readings. And all your data is neatly organised in the app.

STYLE WATCH

Jawbone Up3 £130

Comfort	●●●●●●●○○○
Fit/design	●●●●●●●○○○
Durability	●●●●●●●●○○
Value	●●●●●○○○○○
Technology	●●●●●●●●○○

REST HARD By far the sleekest model on test, Up3 is the latest incarnation of Jawbone's fitness tracker range and though not a watch, it offers much useful data. Its updated sleep mode and increased comfort makes restful nights more likely.

EXPERT VIEW In place of optical sensors, the Up3 comes with built-in 'bioimpedance' sensors (see glossary, *right*), which are placed throughout the band, making it key for accuracy. The clever clasp design allows for minor adjustments. But with no GPS it relies on your movements, rather than location, to track you.

AUTO PILOT

Basis Peak £170

Comfort	●●●●●●●●●○
Fit/design	●●●●●●●○○○
Durability	●●●●●●●○○○
Value	●●●●●●●○○○
Technology	●●●●●●○○○○

SLIMMER PICKINGS The lean body and soft rubber strap make the Basis Peak comfortable on your wrist, even with the optical sensor. Controlled by touch alone, the Peak's only flaw is perhaps the lack of colour screen, but the overall design scores points on aesthetics nonetheless.

EXPERT VIEW Despite the lack of GPS, it auto-detects walking, running and cycling based on movement, so there's no need to change modes. For ease of use it's great, but for men who need total accuracy, a few missed seconds here and there might irritate, and during hard runs the HR did drop out a few times.

THE LANGUAGE OF THE HEART

If you're in the market for an HR monitor, you'd best gen up on the words that count first

Chest strap

The traditional and perhaps still most accurate way to measure BPM, chest straps work a bit like EKGs, measuring the electrical pulse of your heart.

Optical sensor

The newest trend, optical HR monitors use light sensors to track the volume of blood and how it moves. These are the green lights on the back of some bands.

Bioimpedance

This is how body composition (ie fat % and muscle mass) is measured. It gauges the resistance of body tissue to tiny electrical currents, which also detect HR.

THE DEVIL'S ADVOCATE

JANUARY IS NO TIME TO GO DRY

We all know New Year dryathlons are about as predictable as they are tedious. But did you also know that denial is a waste of precious time?

One in five of us will pledge to stay off the sauce this January. If you're one of them, it will be a fresh start, you will atone for your festive sins and, of course, you will desperately cling to the accompanying smugness in a bid to mask your misery in the process. It needn't be so complicated. For a start, getting tanked up over Christmas before going cold turkey for 31 days simply doesn't work. You'll only be starting the new year with a negative mindset, miserable at a time you need succour most, when really you should be sprinting into 2016 with a smile on your face.



SATAN'S LITTLE HELPER
James Collins is the head of nutrition at the Centre for Health and Human Performance

Expert bodies don't promote total abstinence. Instead, the Royal College of Physicians recommends three alcohol-free days a week, while the British Liver Trust suggests at least two consecutive booze-free days a week [1] to maintain a healthy liver. But, crucially, they also flag up the many other ways you can look after man's most dependable organ. For instance, that old, catch-all favourite of 'more exercise' actually burns fat in the liver, while eating more fruit and consuming less sugar will help it go about performing its 500-plus functions. When it comes to liver health, alcohol isn't the be-all and end-all.

One of the problems with abstinence is that it encourages yo-yo behavioural patterns. If dry January swiftly turns into sopping-wet February, you're not doing yourself any favours. This binge-purge mentality is typical of UK culture, unlike much of the Continent where alcohol is ever-present but rarely over-indulged. For us it's at once angel and demon; going dry only serves to reinforce this vicious cycle.

Of course, it's true that alcohol abuse can cause everything from high blood pressure to heart disease. Perpetual hangovers will limit your training (decreasing performance by as much as 11.4%) and hamper your job prospects. But the lesson is not to give up booze altogether. Innumerable studies have suggested a moderate intake of wine reduces the risk of cardiovascular disease [2].

It's time, then, to rewrite the January rules.

It's time to rewrite the January rules: periodise your social life like you do your training schedule

Take a lesson from your workout regimen and learn to periodise your social life like you do your training. (Just don't ever attempt your one-rep max.) Plan your week and figure out when you will go out and when you will recover. Alcohol affects everything from sleep quality to protein synthesis, so don't drink before or after training.

Manage your schedule properly, keep within the official guidelines of 21 units per week and you'll comfortably handle a few drinks. If you want to enjoy yourself after the gym once in a while, just limit the damage by eating and hydrating well before your first sniff [3].

As for your poison, the standard message is to opt for lower-calorie drinks like a vodka and slimline tonic. But this is self-defeating: as they contain fewer calories, you'll end up downing three. Far better to go for the quality stuff and savour the moment. A good glass of red, for example, as well as being rich in the antioxidant resveratrol, contains fewer sulphites, meaning less hangover, too. So don't be defensive; commit to a positive plan. Everybody else is setting themselves up for failure.

THE DEVIL'S DETAILS

1 DON'T QUIT
It's better to avoid alcohol for a few days every week, all year, than have one booze-free month a year, says the Trust.

2 RED OR DEAD
Danish research showed moderate wine intake reduces heart disease risk. Be warned: spirits will do the opposite.

3 THE RULES
My three Rs are: rehydrate well with water, refuel with 1g per kg of your weight in carbs, and repair with 25g of protein.

WORDS: MARK BAILEY | PHOTOGRAPHY: JOBE LAWRENSON


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THE BEST GYMS IN THE WORLD

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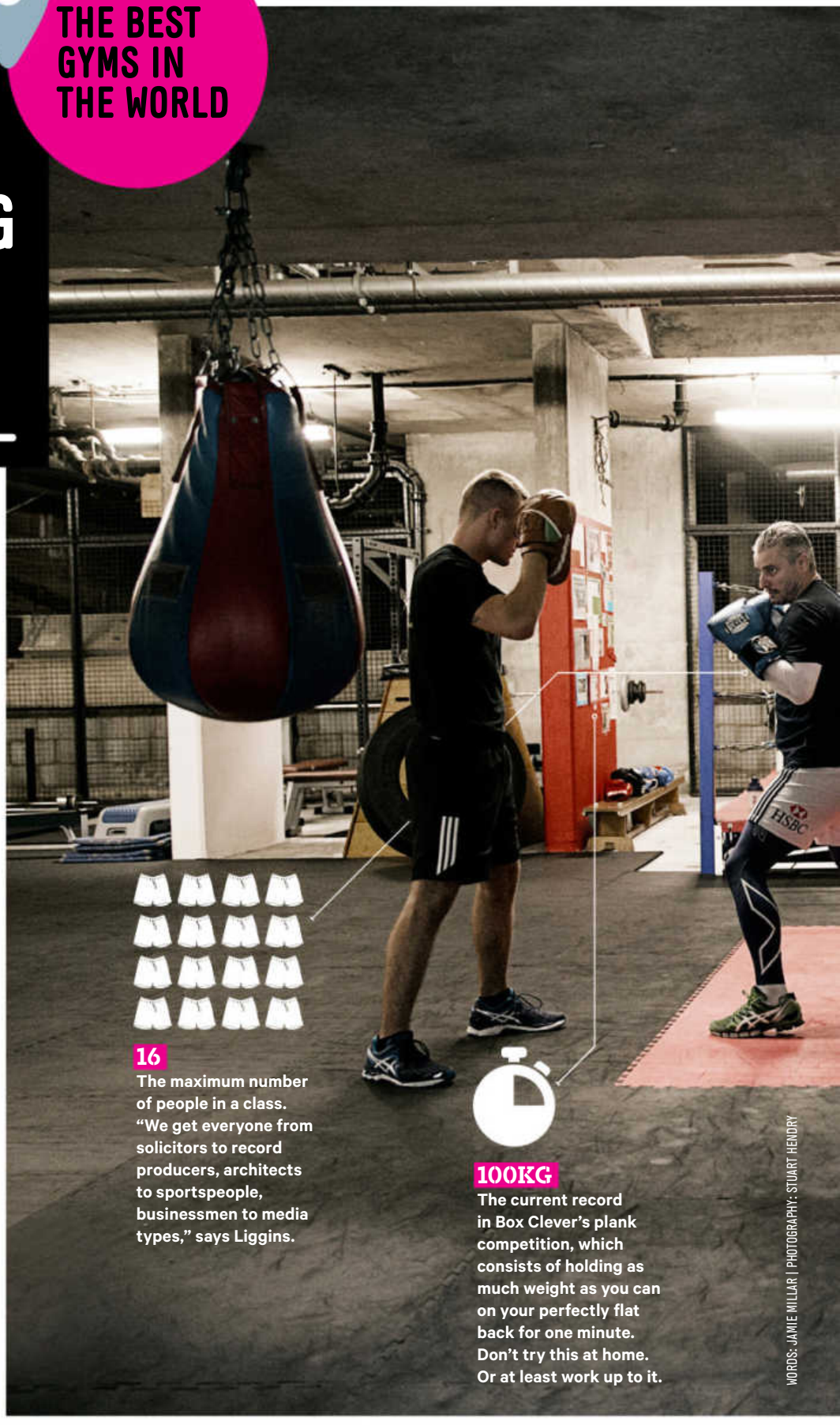
A smarter choice than taking shots to the head, **Box Clever Sports** is also several steps up in class from Body Combat – and way more legit, to boot

Proper boxing gyms are inherently badass. A little too badass, in fact: you can't exactly just walk in off the street. Box Clever Sports is the exception. It's about as authentic a pugilistic experience as you can have without getting your facial features feng shui'd.

Housed in a converted multi-storey car park in west London, it shares a space and coaches (fighters themselves) with Dale Youth, the club that produced James DeGale and George Groves. Famous alumni are immortalised in newspaper clippings stuck on pockmarked concrete walls above punchbags held together with masking tape. Don't expect a warm towel or a cold-pressed juice.

Box Clever Sports began as an outreach programme for troubled youngsters. "The idea was to open up what is seen as an intimidating arena," explains founder Pete Liggins. "We combine elements of boxing training with strength and conditioning, yoga and Pilates to provide a unique and intense class without the risk of a flat nose."

The hour-long circuit classes comprise a gut-punching mix of cardio and anaerobic bursts: think burpees into squat thrusts into squat jumps, punch-outs, shuttle runs... "We often push people to the point of throwing up," says Liggins. "It's more welcoming than a boxing gym – but it's no less forgiving."



16
The maximum number of people in a class. "We get everyone from solicitors to record producers, architects to sportspeople, businessmen to media types," says Liggins.

100KG
The current record in Box Clever's plank competition, which consists of holding as much weight as you can on your perfectly flat back for one minute. Don't try this at home. Or at least work up to it.

WORDS: JAMIE MILLAR | PHOTOGRAPHY: STUART HENDRY



PLYOMETRICS
This kind of training is key for punching power. One of the best/worst exercises is a press-up with one hand on a Bosu ball: explode up and over, swapping hands in mid-air and landing on the other side. Well, in theory.

13
The tender age at which Liggins started boxing. His 50 amateur fights include a bout with WBC lightweight title challenger Kevin Mitchell. Liggins claims this is his last year of competing. Definitely...

FACELIFT
What Box Clever is due to undergo from January when Dale Youth moves into a new, purpose-built facility nearby. Says Liggins: "We're adding new equipment, but keeping the industrial look."

GYM
BOX CLEVER SPORTS

LOCATION
WEST LONDON, UK

WEBSITE
BOXCLEVERSPORTS.COM


Jack Wolfskin
AT HOME OUTDOORS
CAN YOU FEEL IT
THE DESIRE FOR BOUNDLESS ADVENTURE
www.jack-wolfskin.co.uk

FLAX YOUR MUSCLE TO LOWER BP

If you're under pressure and your heart is feeling the strain, sow the seeds of health with the cream of the nutritional crop

If hypertension is making you feel hyper-tense, you can start remedying the situation by cutting down on your worries in the kitchen. Flaxseed oil has long been celebrated by cheesecloth dietitians for its high omega-3 profile, but scientists from Australia have now discovered the seeds themselves help keep your blood pressure in check. People who ate two to four tablespoons of whole or ground flaxseed daily saw their systolic blood pressure drop by an average 3.4 points. In English, that translates as a cut to your stroke risk by 10%. It's thought that the alpha-linolenic acid in flax may reduce the amount of fatty acid byproducts in your blood, preventing the narrowing and blockage of arteries, say the researchers. Fortunately, such a positive pay-off comes with no catch – they taste like sunflower seeds, only nuttier. Toss whole seeds on soups, salads and cereals to stay well on the healthy side of the pressure gauge.



NATURAL GROWN WINNERS

Nature's performance enhancers are gathering endorsements. Make your herbal shop a pre-race pitstop



01/ TURN FAT INTO FUEL

South Korean scientists discovered that ginseng increases endurance by burning fat for energy during the first 20 minutes of exercise, saving carbs for when you need them.



02/ BREW YOUR BEST

Another hot tip: healthy compounds in oolong tea encourage the secretion of growth hormone, which, according to Taiwanese researchers, assists with strength and speed gains.



03/ GO THE EXTRA MILE

In a performance double win, ashwagandha herbal supps can increase your sprint speed and VO_2 max by 3% and 7%, respectively, according to Indian sports scientists.



04/ BOUNCE BACK FAST

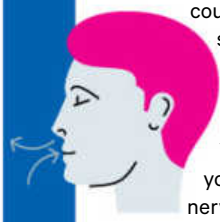
Curcumin, a principal compound in curry-spice turmeric, can help your muscles recover faster, meaning more training and more victories, says US Army research.

YOUR TWO-MIN STRESS INHALER

THE BEST SUPP YOU'RE NOT TAKING

Who needs Kalms when oxygen can work like Valium?

Try the '4-7-8' breathing exercise from Dr Andrew Weil, founder of the Arizona Center for Integrative Medicine: close your mouth and inhale through your nose for four counts. Hold your breath for seven counts. Now exhale while mentally counting to eight. Repeat the cycle three more times. You've just hacked your parasympathetic nervous system. Better?



WORDS: ALEX HARRIS | PHOTOGRAPHY: MICHAEL HEDGE | ADDITIONAL PHOTOGRAPHY: GETTY | ILLUSTRATION: ALCONIC

BULK UP, SLIM DOWN

THE MAGNIFICENT TWO

Whether you're after mucho muscle or want to be a tad more Speedy Gonzales, we've made Mexican mealtimes a two-way street. With some culinary smarts, a burrito can help you achieve any goal



POWER BUNDLE

SUPERSIZE WITH HIGH-ENERGY EXTRAS

Sophisticates will know, of course, that *burrito* means "little donkey" in Mexican Spanish, but with some thoroughbred additions you can turn this street classic into a stallion of post-workout feasts. Filled with tender grass-fed steak and black beans, the base recipe for this comfort meal is already a protein-dense muscle-prepper. But the addition of brown rice will add a handy extra 170 mass-building calories (for just an extra 1g of fat), plus you get 45% of your RDA of manganese, which helps you metabolise the extra protein from your kidney and black bean combo. As bulk-up meals go, we think this is as gourmet as it is comforting. You're going to need a bigger poncho.

SERVES TWO

- Rump steak, 2 x 200g
- Black beans, 150g
- White onion, chopped
- Garlic clove, chopped
- Coconut oil, 1tbsp
- Cumin, 1tsp
- Green chilli, chopped
- Paprika, 1tsp
- Lime, juice only
- Lettuce, 50g, shredded
- Wholegrain tortillas, 2

BULK-UP EXTRAS

- Wholegrain rice, 100g
- Kidney beans, 100g
- Greek yoghurt, 200g

METHOD SERVES TWO



1/ RICE AND SIMPLE

You may be desperate to flame those steaks, but start with the rice – it takes longer. Place in a pan of boiling water, then simmer for 10min. Drain, then stash in a covered bowl to keep warm.



2/ LICENCE TO GRILL

Preheat your grill to high and season the steaks. Grill for 5min on one side, flip, then grill the other side until they're as juicy, middling or scorched as you like. Remove, rest, cut into chunks.



3/ BEAN MACHINE

Save on prep by using pre-cooked beans instead of dried. Empty the tins into a saucepan – measure afterwards, saving leftovers for a lunchtime salad. Warm on medium heat for 4-5min, then drain.



4/ BURRITO TIME

Fry the onions and garlic, then add steak, the spices and lime. When heated, mix with the rice and beans. Toast tortillas in the pan, then dollop in the mix with lettuce, yoghurt and Tabasco.

WORDS: MARK BAILEY | PHOTOGRAPHY: DAN MATTHEWS
FOOD STYLIST: NATALIE THOMSON | ILLUSTRATIONS: BEN MOUNSEY



SHRINK-WRAPPED ABS

CUT CARBS AND KCAL TO MAKE FAT *MUERTO*

SERVES TWO
- Rump steak, 2 x 200g
- Black beans, 150g
- White onion, chopped
- Garlic clove, chopped
- Coconut oil, 1tbsp
- Cumin, 1tsp
- Green chilli, chopped
- Paprika, 1tsp
- Lime, juice only
- Lettuce, 50g
- Wholegrain tortillas, 2

SLIM-DOWN EXTRAS
- Tomatoes, 2
- Red onion, ½
- Coriander, handful
- Jalapeños, 2
- Sweetcorn, 150g

Eating to get lean shouldn't have to mean greige meals that taste like an old bandit's sombrero. This streamlined burrito owes its piquant taste profile to the potent spice mix, not fat and sugar, so you can savour 200g of juicy steak without a calorie OD. In addition to the known metabolism-boosting traits of chillies and paprika, the sweetcorn in this recipe delivers 14g of hunger-busting complex carbs (again, with less than 1g of fat in tow) to maintain your energy during your next bout of HIIT. And with 12% of your daily fibre needs to boot, you won't be craving dessert as soon as you finish your last mouthful. Topped with coriander to stimulate insulin and balance your blood-sugar levels, it'll put the 'taut' in 'tortilla'.



THE TASKMASTER

Name: Joe Wicks
Job: PT and author
Wicks is an online health coach with half a million Instagram followers. Try his recipe ideas to shape up without ditching the man-fodder you crave.

METHOD SERVES TWO



1/ CARE TO SALSA?
Make the salsa first because the smell of grilling steak will drive you crazy if you're just back from the gym. Dice the tomatoes, onion, coriander and jalapeños and mix them up in a bowl.



2/ HIGH STEAKS
Now it's beef o'clock. Preheat the grill to high and season the meat with salt and pepper. Grill the steaks as before until restaurant-perfect. Remove from the grill and carve into chunks. No nibbling.



3/ BITE-SIZE BITS
Empty a tin of black beans into a saucepan. Warm on medium heat for 4-5min, then drain the water, saving excess beans for your next meal. Drain the tin of sweetcorn, then mix the corn with the beans.

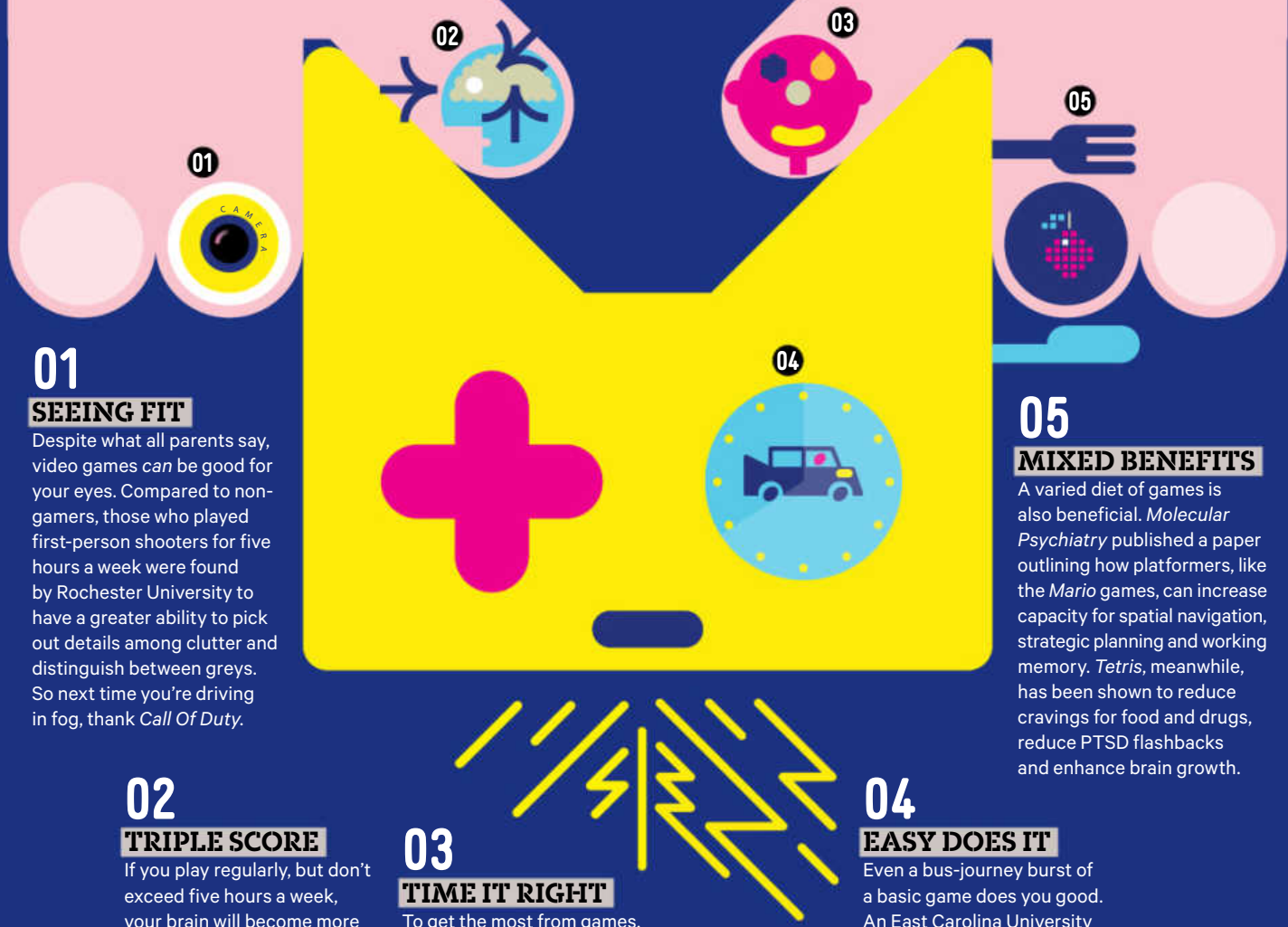


4/ LEAN AND CLEAN
Fry onions and garlic, add steak, cumin, chilli and paprika, then squeeze in the lime. When heated, mix with the corn and beans in a bowl. Brown the tortillas, then add the steak mix, lettuce and salsa.

WHAT HAPPENS WHEN...

I SPEND ALL NIGHT GAMING?

It's a stoner cliché that's become a byword for poor health and hygiene. But playing video games can offer multiple health power-ups, if you do it right. Press START to begin



01 SEEING FIT

Despite what all parents say, video games *can* be good for your eyes. Compared to non-gamers, those who played first-person shooters for five hours a week were found by Rochester University to have a greater ability to pick out details among clutter and distinguish between greys. So next time you're driving in fog, thank *Call Of Duty*.

02 TRIPLE SCORE

If you play regularly, but don't exceed five hours a week, your brain will become more efficient in three areas – the parietal lobe, frontal lobe and anterior cingulate, all of which deal with your attention functions, reports the journal *Vision Research*. You'll also be better at multitasking, according to cognitive scientist Daphne Bavelier.

03 TIME IT RIGHT

To get the most from games, says Bavelier, we need to view them as we do wine: the right amount at the right time. A nice glass of Grand Cru Theft Auto, according to her research, would be 40 minutes per day, and not immediately before bed. Remember: drinking wine while playing games is a danger to every pale-coloured carpet and rug.

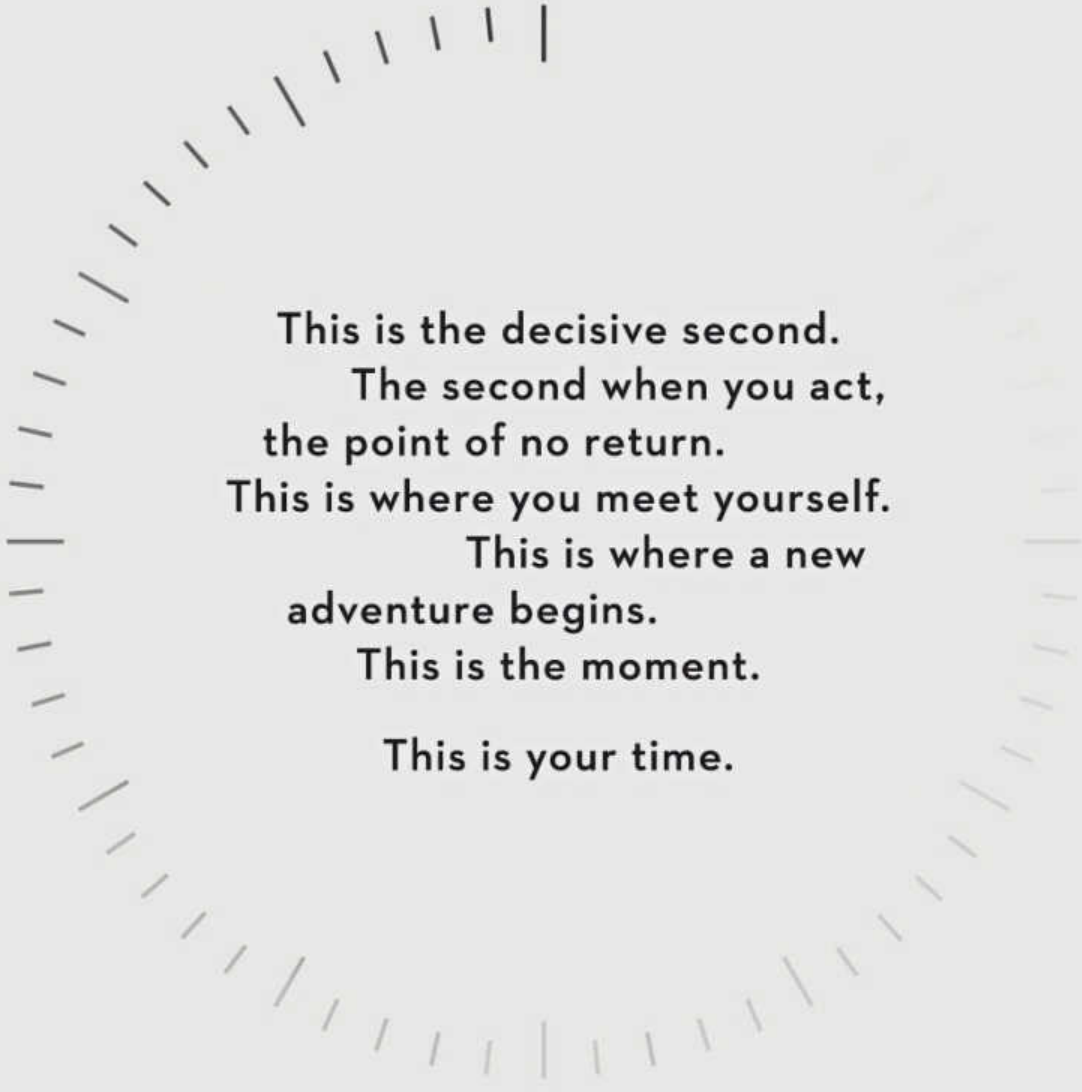
04 EASY DOES IT

Even a bus-journey burst of a basic game does you good. An East Carolina University study found just 30 minutes a day playing casual games of the *Candy Crush Saga* type alleviates depression and anxiety. But set a timer: completing tasks triggers rewarded brains to want more. Which is where missed stops and all-nighters come in.

05 MIXED BENEFITS

A varied diet of games is also beneficial. *Molecular Psychiatry* published a paper outlining how platformers, like the *Mario* games, can increase capacity for spatial navigation, strategic planning and working memory. *Tetris*, meanwhile, has been shown to reduce cravings for food and drugs, reduce PTSD flashbacks and enhance brain growth.

WORDS: PAUL WILSON | ILLUSTRATION: PETER GRUNDY



This is the decisive second.
The second when you act,
the point of no return.
This is where you meet yourself.
This is where a new
adventure begins.
This is the moment.

This is your time.

MH VERSUS
KALE VS SPINACH

GREEN GIANTS

How to call between the nutrient powerhouses, Paltrow vs Popeye? Can kale's meteoric rise outshine spinach's sleeve-filling kudos? Let the leaves fall where they may



KALE VS SPINACH

+54%

Sales of the influential yet hard-to-love brassica have increased by more than half in the last year

+35%

Meanwhile, spinach has also seen a resurgence in popularity with sales up by just over a third

KALE		SPINACH
1.5 mg iron per 100g, 120 mg vitamin C, 705 mcg vitamin K	NUTRIENTS	2.7 mg iron per 100g, 28 mg vitamin C, 482 mcg vitamin K
"Kale's deep colour means there is a high concentration of nutrients with a range of antioxidant effects (George Washington University)"	ENDORSEMENT	"Spinach can improve our intellectual capabilities (*Neuropsychologia* journal). I'm strong to the finish cos I eats me spinach (Popeye the Sailor Man)"
Depression, Cancer, Diabetes, Hypertension	ENEMIES	Hypertension, Diabetes, Cancer, Constipation
While fresh greens won't break the bank, a kilo of organic kale chips weighs in closer to £65 — £4 per kilo	COST £££	£4 per kilo — At identical supermarket price points, this is a pretty tough contest to call. Veg your bets...

THE MH VERDICT

While spinach boasts more iron than a Soviet-era gulag, it wilts in comparison to the cruciferous veg. **You're best off pairing a protein-rich steak with a side of the curly kind**: its arsenal of immune-boosting, heart disease-fending and complexion-brightening micronutrients lifts it above its leafy rival. The king is dead. All hail the kale.

WORDS: JACK HART | PHOTOGRAPHY: DAN MATTHEWS AND HEARST STUDIOS


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in yourself.
TONY PARKER.
WILLIAM ANTHONY PARKER
IS A FRENCH PROFESSIONAL
BASKETBALL PLAYER IN THE
NBA, ONE OF THE MOST
TALENTED IN THE WORLD.
HE HAS PROVEN THAT
MEASURING 1.88 METERS
IS NOT AN OBSTACLE
FROM REACHING THE TOP.
TONY IS WEARING A CHEMIN DES
TOURELLES AUTOMATIC WITH A
POWERMATIC 80 MOVEMENT WITH
UP TO 80 HOURS OF POWER RESERVE.
SPALDING
TISSOT
1853
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TISSOTSHOP.COM

LEANING POWER OF PIZZA

You are what you eat, so they say. But if you can't wean yourself off the junk, don't fret too much. Just stick to what you know



We all succumb to the greasy wheel every now and then; some of us more than others. And just like inhabiting any rut, dragging yourself out of a nutritional quagmire can seem an insurmountable task. The answer in such circumstances, according to new UK research, is to keep at it: sticking with one brand of bad food will curb overeating. Having fed pizza to gluttonous study participants, scientists found that men who typically varied their pizza brands were likely to find the slices less satisfying than those who remained loyal to one. Consequently, they ate more. Now, we're not calling this a sustainable weightloss solution, but if committing to your favourite Domino's delivery driver when you find yourself falling from the wagon means a less serious relapse, it's a safety net we can get behind. If, however, dangerous cravings persist, deploy the strategies below from the Academy of Nutrition and Dietetics' Wesley Delbridge.

THE HUNGER GAMES

More ways to take the sting out of cutting back

01/ Gum control
A little mastication goes a long way. Chewing sends signals to the part of the brain that controls appetite, while sweet flavours will temper any cake-shaped cravings.

02/ Brush up well
Toothpaste makes food palpably less desirable, so brush your teeth when the urge strikes. Research has shown that mint is a stealthy appetite suppressant, too.

03/ Lean player
When you feel the need for greed, download a puzzle on your phone. Studies have linked gameplay to a 24% reduction in cravings for food, caffeine and nicotine.



THE BEST FOOD YOU'RE NOT EATING

#7 HIBISCUS

WHAT? OK, it's more generally used for tea than food. But freeze-dried hibiscus plants are now being developed as both a foodstuff and supp.
WHY? In a recent study, the supp saw participants lose 1kg in six weeks with no exercise.
HOW? For now, put the kettle on. While not as potent as the supp, hibiscus tea offers many of the same benefits.

WEIGHTLOSS AUTOPILOT

Six stealthy and gym-free ways to burn off an extra 650kcal without even realising you're doing it

MORNING

303
Bike to work for 40min instead of driving for 20min

82
Make a 30min work call by mobile and walk as your talk

29
Deliver 15 messages to colleagues in person, not by email

70
Sacrifice 30min of Facebook browsing to walk the dog

123
Stretch for the duration of a 45min TV show

50
Do some, umm, 'horizontal cardio' for 20min pre-bed

BEDTIME

CALORIES BURNED = 657
Calculations are for an 80kg man

WORDS: ALEX HARRIS | PHOTOGRAPHY: MICHAEL HEDGE | ADDITIONAL PHOTOGRAPHY: GETTY

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01
ENERGY RETURN

ADIDAS ULTRA BOOST
£130 adidas.co.uk

THE SCIENCE Most running shoes aid stride economy, but new mid-sole materials also rebound energy back into your foot to propel you forward. A study by the Uni of Calgary found this saves a second per mile – that's half a minute in marathon terms. In fact, energy return shoes have driven the five fastest marathon times, ever.

FIT FOR Those with a neutral gait – your foot doesn't roll in or out on impact. Others should invest in custom insole inserts (profeet.co.uk) to limit the risk of knee knacker.

UNFIT FOR Anything but running. The construction of energy return shoes is designed for linear forward movement. If you're doing circuit training, these aren't for you and never, ever wear them when you're lifting weights.

02
SEAMLESS

WARRIOR TECH TOP
£68 everysecondcounts.co.uk

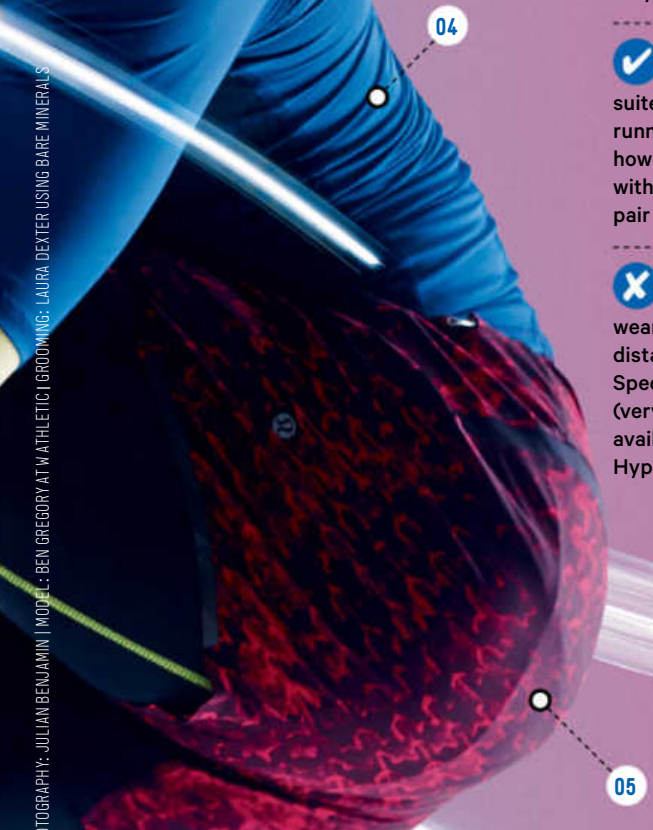
THE SCIENCE As anyone who has finished a long run with stinging nipples will attest, rubbing sucks. An ill-placed seam may not be an issue during your first 100 strides, but over the 10,000 steps of a 10K, you will feel the chafe. Seamless tops are made from one piece of material to limit irritation and offer more freedom of movement.

FIT FOR Any exercise with repetitious motion (all cardio, obviously, but even sports like tennis) will be a lot more enjoyable without seams to wear away at your willpower.

UNFIT FOR Hard going. Seams provide a lot of strength and durability, so, if you regularly do obstacle courses, going without might be a stretch too far.



TREND
SWEATING
TECHNICAL
GEAR



03
COMPRESSION

PRO HYPERCOMPRESSION VAPOR POWER 3 £60 nike.com

THE SCIENCE Once the smug preserve of the cold-weather athlete, compression tights are now 'hip' and ubiquitous. The idea is that they prevent muscle oscillation to improve lower-body endurance. But research in *The Journal of Strength and Conditioning Research* – and multiple other studies – found they only minutely boost stamina.

FIT FOR Full-leg compression is more suited to cycling and running. For weight training, however, you need pressure with flexibility, so opt for a pair with an articulated knee.

UNFIT FOR Recovery. Average compression wear won't assist ultra-distance guys with DOMS. Specialist recovery-specific (very tight) leggings are available – try the Recovery Hypertight (£90 nike.com).

04
HEAT CONTROL

ADIDAS TECHFIT CLIMACHILL £TBA adidas.co.uk

THE SCIENCE Sweat-wicking tech is only the tip of the iceberg. Research in *Human Kinetics*, showed if you're too cold while training your muscular endurance suffers; too hot and you're likely to go anaerobic – and burn out faster. Heat regulation clothing uses a variety of fabrics to keep temperature at an optimal, moderate level.

FIT FOR Any intense exercise that works up a sweat will make proper use of heat regulation tech. And you don't need Arctic or Saharan extremes to feel the benefits, either.

UNFIT FOR Low-impact, indoor use. If you're training slow with long rest periods, let's be honest, you're hardly overheating. That said, heat regulation won't do you any harm. Especially if you're standing next to the gym AC unit.

05
LIGHTWEIGHT

LULULEMON SURGE SHOT £58 lululemon.co.uk

THE SCIENCE Lightweight clothing isn't actually that much lighter; it's just the finish that makes it feel that way. Even so, scientists at Northwestern Uni have coined the term 'enclothed cognition' to explain the positive effect clothes can have on our mental state. Basically, if you feel fitter, you will be fitter. Heavy stuff.

FIT FOR Pretty much any exercise in any weather. 'Lightweight' items usually don't offer any core temperature help, but you can layer them and still enjoy the psychological benefit.

UNFIT FOR Contact sports. The study also found that compression or armoured garments will increase your sense of strength and stability.

YOUR USER GUIDE TO THE SCIENCE OF FIT

Performance clothing is a global industry worth billions, but it's a business built on buzzwords. MH unstitches the science behind the slogans to work out which are worth your sweat

WORDS: DAVID MORTON | PHOTOGRAPHY: JULIAN BENJAMIN | MODEL: BEN GREGORY AT W ATHLETIC | GROOMING: LAURA DEXTER USING BARE MINERALS

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Actor
Of
God

For a man with the crushing weight of cinematic superherodom upon his shoulders, Chris Hemsworth is broadly unfazed. MH hammered it out with Thor. The result was surprisingly pleasant >

WORDS BY PAUL WILSON
PHOTOGRAPHY BY PATRIK GIARDINO



TRY TO STEAL HEMSWORTH'S THUNDER AT YOUR PERIL...

Superheroes are invincible



impermeable, unblemished. So it's not that much of a shock to learn that Chris Hemsworth, He Who Is Thor, appears to be made of similar stuff. As well as possessing the physique necessary to play the Norse god of thunder, the Australian actor is polite, humble and charming. He is, it seems, as spotless as his record: there are no risque stories about him.

"You know why that is?" Hemsworth says. "I encountered the temptations that can make you fall off the tracks when I was working on *Home And Away* in Australia. No mobile phones with video cameras back then, so you got away with more." He pauses for a moment, possibly wistfully. "There was nothing outrageous, but now there is so much more scrutiny."

His *Men's Health* cover shoot, in Los Angeles, however, is not perfect.

"It was bloody hot today," says the 32-year-old once the cameras have gone back in their cases. "It was a little bit sweaty, but all good. The wrong sort of heat for a photoshoot, but the right kind of heat if you're at the beach."

Chris Hemsworth was born on 11 August 1983, in Melbourne, middle son of an English-teacher mother and social-services counsellor father. Growing up with elder brother Luke and younger brother Liam, he experienced urban and outback living as the family moved to and from Melbourne. Luke and Liam also became actors: Liam, who was engaged to Miley Cyrus for a while, starred as Gale in *The Hunger Games* movies and will be in this year's sequel to *Independence Day*; Luke is a steady presence in Australian TV and films, and was the first of the three Hemsworth boys to appear in *Home And Away*. All three boys each did short stints on *Neighbours*, too, obviously.

Chris stayed in the soaps longer than his kin: three-and-a-half years on *Home And Away* as Kim Hyde, whose most unfortunate of many tough breaks was to nearly perish in a helicopter crash after a cake-triggered explosion at a wedding. He left Kim behind in 2007 and headed east to live in Los Angeles.

"Way back, when I was on *Home And Away*," he recalls, "I had my sights on going to Hollywood. The films I had grown up on came from there. It's the centre of things, where the industry is. I'd given myself a few months, with an amount of money in the bank before I had to return, and luckily I got work quick."

A wave of talent

His first screen role was in 2009's *Star Trek*, playing the noble father of Captain Kirk. Just a few weeks after the film came out, he was cast as Thor. Two outings as the thunder god and another two with his Avenging friends have taken up much of his time since. But they have also made him a globally recognised star. Away from superheroics, he has been James Hunt in Ron Howard's biopic *Rush* and the world's greatest hacker in *Blackhat*, a thriller from *Heat* director Michael Mann that last year became Hemsworth's only box-office flop. To play a man who can shine light on the darknet, Hemsworth underwent one of the less commonly discussed actorly crash courses: learning how to type.

"Well, it was that and the basics of coding and hacking," Hemsworth says. "I was being taught by a young guy who is a mathematics genius. But he happened to love surfing – the ocean, that is – like I do, so we spent a lot of the time looking up surf movies and talking about surfing, then Michael would come in the office and we would change the screen to a page about maths. It was pretty consistent with how I acted in school classrooms."

Watch the finished film and while you can't tell that Hemsworth goofed off in hacking class, you can see there is more to him than his movie star good looks: the man can act and carry a film, with or without a hammer in his hand. This side of Hemsworth was also very much on display playing Hunt. He certainly wasn't cast for his physical similarity to the maverick British F1 driver, yet he nailed Hunt's swagger, charm and hint

“Losing weight for a film is not a physical challenge, but an emotional one... To get back to looking like Thor is simple: I work out”

SUPERHERO STATISTICS

It’s in the Avengers’ box-office universe that the real battles occur. How does Thor measure up?

Thor
The one with the hammer
$384 million total
$197 million per film

Captain America
The one with the shield
$445 million total
$223 million per film

Iron Man
The one with the suit
$1104 million total
$368 million per film

The Avengers
The one with all of the above
$1087 million
$544 million per film

of vulnerability, if not quite the driver's cut-glass accent.

"Playing James scared the hell out of me for that exact reason – here was this Australian playing a genuine British hero. But I was incredibly thankful that it was received in such a great way, and people weren't offended by what I did with him."

Extreme measures

One person who clearly loved what he did with him was *Rush*'s director, Ron Howard, who teamed up again with Hemsworth for his latest movie, *In The Heart Of The Sea*. The film is based on a 2000 non-fiction book of the same name, which tells the tale of a whaling ship sunk by a sperm whale, and the attempts of its surviving crew to make it back to shore. Hemsworth pitched the book to Howard not long after they finished *Rush*.

"I loved seeing how these guys responded when thrown into the most utterly dreadful situation," Hemsworth enthuses. "The men drifted for 90 days in small whaleboats and all sorts of dreadful things ensued, but I found the courage and bond they formed compelling."

Hemsworth was also up for making as much of the film as possible without CGI. Filming took place in the Atlantic Ocean off the Canary Islands, and wet sets at Leavesden Studios in Hertfordshire.

"In the studio," he explains, "we had replicas of the ships in a massive pool and were getting shot at by water cannons. The whole thing was on a gimbal so the boat could be flipped on its side and we would go flying out of it. It felt like the world's craziest, most extreme fairground ride. Then we went to the Canaries and spent months on the ships at sea."

It was there that Hemsworth and his co-stars, including Cillian Murphy and the future Spider-Man Tom Holland, did something that couldn't be achieved with digital effects – the extreme weightloss suffered by men adrift at sea for months.

"We couldn't go away for a month and get skinny," says Hemsworth, "we had to do it while we were shooting. At one point, a day's rations were a boiled egg, a couple of crackers and a celery stick. I reckon about 90% of our conversations were about our favourite foods and what we would eat when we finished the film."

It was toughest for Hemsworth: he'd just shed his Thor muscles for *Blackhat*.

"I was skinnier than ever before, but at least we were losing weight together – the bond we formed was incredible. It reminded me of being on a football team growing up, where you'd do anything for each other. You don't often get that on set.

"The problem with losing weight for a film is that you're underfed. The challenge is not physical, but emotional: a chemical imbalance that leads you into endless conversations with yourself about food. What you can and can't eat, how much. I've always had that voice, but this particular instance, it took full advantage of making me feel guilty.

"To get back to looking like Thor is simple: I get in the gym and work out. I enjoy it – it keeps me fit and healthy. I've got to eat more calories – certain types and all clean – and it can get boring eating chicken breast and rice and so on. But at least you're fed properly."

As Thor, Hemsworth has the toughest task of the actors playing superheroes in the Marvel Cinematic Universe. Jeremy Renner and Scarlett Johansson as Hawkeye and Black Widow play all-but unknown characters only hardcore fans were aware of, so they had few preconceptions to overcome. Similarly, Robert Downey Jr had no problem

"The bond we formed was incredible. You don't often get that on set"



THE SPIRIT IS WILLING: HEMSWORTH TAKES A ROLE IN THE REBOOTED *GHOSTBUSTERS* FILM



LEGENDARY FIGURES

Hemsworth and his trainer Luke Zocchi lean on some simple figures. This is how to train by numbers

50
The duration, in minutes, at which they cap sessions. This keeps the intensity high.

300
The number of reps in Hemsworth's twice-weekly abs circuit. (Ouch.)

3
Time, in seconds, that Chris takes to lower on incline press-ups. Result: hammered pecs.

10
Minutes stretching after each workout, so Chris feels less, ahem, thor. Sorry.

STYLIST: SAMANTHA MCMILLEN AT THE WALL GROUP | GROOMING: JOHNNY HERNANDEZ FOR FIERRO AGENCY
TROUSERS JOHN VARVATOS, SHIRTS KELLY COLE AND JOHN VARVATOS, BELT AND BOOTS RAG & BONE



RECENT PROJECTS HAVE SHOWN THAT HEMSWORTH CAN STEP OUT OF HIS SUPERHERO SHADOW

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The Everyday Superhero Workout



Chris Hemsworth might be best known for his role as the muscular Norsk Avenger, but out of his armour he has other ambitions. "When Chris finishes a *Thor* movie he's all about getting the weight off," says Luke Zocchi, Hemsworth's longtime trainer. "We try to keep him lean and fit. It's the reason we train with just bodyweight." You read that correctly. When he's not bulking, Hemsworth barely makes it into the weights room. But don't let the lack of iron put you at ease: "The workouts focus on movement and intensity," says Zocchi, who keeps each session to a 50-minute max. Start the timer.

turning Iron Man into an extension of himself. And though Mark Ruffalo is a great Bruce Banner, his Hulk is all CGI.

But Hemsworth has to *be* the god of Thunder. His costume bulges with godlike muscularity because of months of hard work in the gym; there's no mask or CGI for him to hide behind. The two *Thor* films are the least straightforward of the Marvel movies and Thor is harder to make believable than his *Avengers* teammates: he has to be a leader of men, a warrior and an alien from another planet in love with a mortal woman. It's to Hemsworth's credit that he has managed it so well that a third film, *Thor: Ragnarok*, is due in the winter of 2017.

"I love playing him," says Hemsworth. "I'm a fan. I've been on the phone to the Marvel guys going, 'Where's my script?' I want it early so I can get it perfect."

This summer, Hemsworth will star in two more blockbusters. April sees the release of *The Huntsman*, a prequel to *Snow White and The Huntsman*. He was based in London last summer while filming; not the best place for a recognisable Aussie to be when England were winning The Ashes.

"Every time I bumped into someone, they'd be like, 'Ha! Yeah, the cricket!' and remind me that we lost."

After that, Hemsworth will be playing the receptionist in the rebooted *Ghostbusters*. It's a good gag to have Hemsworth manning the front desk, but it's not a total gimmick. He has already showed his comedy skills in *Vacation* and a well-received appearance on the US TV show *Saturday Night Live*.

In Hemsworth's immediate future is a catch-up with his wife, the Spanish actress Elsa Pataky, and their three young children at home in Byron Bay, Australia. Having cracked America, he moved back in 2014. But as fate would have it, he's having a few issues with the neighbours.

"There are too many sharks around at the moment," he explains. "There have been so many attacks that the government plan to tag and track sharks to reduce their interaction with humans.

"I don't know if it will work. Sharks are much better than us in the ocean. The only thing you can do is swim or surf where there are lots of people, so the odds are reduced." As he laughs, you can't help but think that even the most apex of predators would leave him be.

In The Heart Of The Sea *is released in cinemas on 26 December*

DAY #1

Warm up with 5–10 minutes' jogging. After the sprint sets, do the exercises marked 3a, b, c and d as a giant set; rest for 30 seconds after sets. Cool down with a three-minute walk, then stretching.

1/ TREADMILL SPRINT

10 MINUTES

Set the incline at 15 and speed at 12. Alternate between 30 seconds of sprinting and 30 seconds of rest. Stand with feet either side of the belt, letting it run.



2/ STATIONARY BICYCLE SPRINT

10 MINUTES

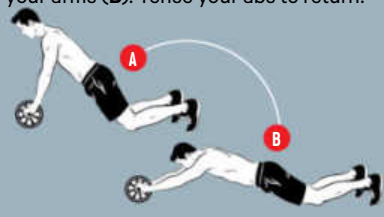
Head over to the bikes. Alternate 30 seconds of sprinting against high resistance with 30 seconds of low-resistance recovery at an easy pace.



3a/ AB-WHEEL ROLLOUT

5 SETS OF 10 REPS

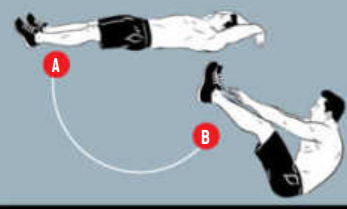
If you don't have an ab wheel, use a small barbell wrapped with a towel. With your back straight, roll forward (**A**), extending your arms (**B**). Tense your abs to return.



3b/ JACKKNIFE

5 SETS OF 10 REPS

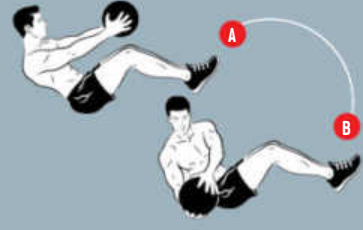
Lie with straight legs, arms behind your head (**A**). Simultaneously raise your legs and torso until each is at a 45-degree angle to the floor (**B**). Lower to the start.



3c/RUSSIAN TWIST WITH MED BALL

5 SETS OF 10 EACH SIDE

Sit holding the med ball with your legs together, knees bent and feet raised (**A**). With your arms extended, twist from side to side (**B**), moving the ball as you do.



3d/ EIGHT-POINT PLANK

5 SETS OF 30 SECONDS

Get into a plank with elbows and knees on the ground: eight points of contact – get it? Think about pulling your elbows toward your knees. Go back to the rollouts.



CUT OUT AND KEEP

ILLUSTRATIONS: BEN MOUNSEY



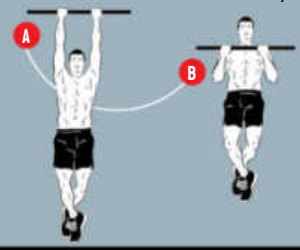
DAY #2

Warm up with 5–10 minutes on the rower. Perform these moves as two supersets. Rest 30 seconds between sets. Cool down with a three-minute treadmill walk, then 10 minutes of stretching.

1a/ CHIN-UP

5 SETS OF 12 REPS, TEMPO: 2010*

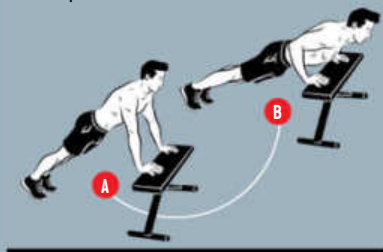
Grab the pull-up bar with palms facing toward you and a grip just narrower than shoulder width (**A**). Pull up until your head clears the bar (**B**) and slowly lower.



1b/ INCLINE PRESS-UP

5 SETS OF 12 REPS, TEMPO: 3010

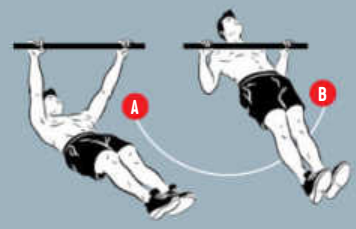
With hands slightly wider than shoulder-width (**A**), bend your arms to lower until your chest touches the bench (**B**). Push back up. Do 12 and return to the bar.



2a/ INVERTED ROW

5 SETS OF 12 REPS, TEMPO: 3010

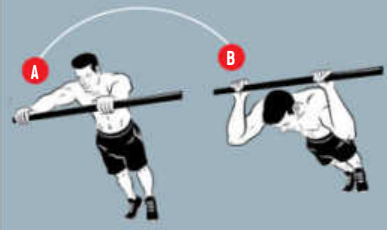
Set a bar in a rack at waist height. Hang under it with your body straight (**A**). Engage your back to pull your chest up (**B**), then lower under control.



2b/ BODYWEIGHT SKULL CRUSHER

5 SETS OF 12 REPS, TEMPO: 2010

Now grasp the bar with straight arms, body 45 degrees to the floor (**A**). Bend at the elbows to lower until your forehead touches the bar (**B**). Press up to the start.



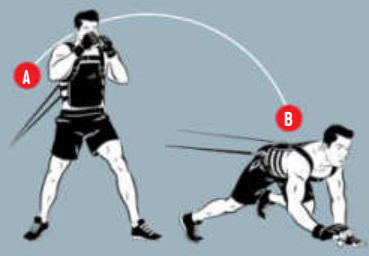
DAY #3

Warm up with shadow boxing. Perform moves 2a-d as a giant set, all on a bench, resting 30 seconds between sets. Cool down with a three-minute treadmill walk and yet more stretching.

1/ BOXING

8 ROUNDS OF 60 SECONDS

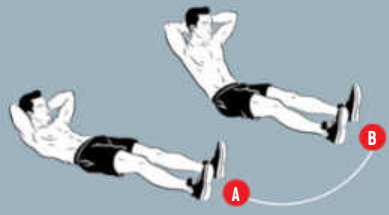
Put on a resistance vest (check out the brand Ankorr) and tether it behind you. Alternate 30 seconds of hitting pads (**A**) with 30 seconds of bear crawls (**B**). Complete eight rounds without rest.



2b/ STRAIGHT-LEG CRUNCH

5 SETS OF 10 REPS

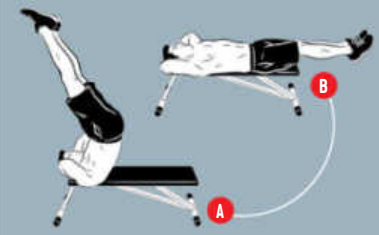
Lie with your legs straight, hands behind your head. Focus on engaging your lower abs as you lift your shoulders a few inches (**A**). Tense your core hard at the top point of the movement (**B**), then return under control to the start position.



2a/ DRAGON FLAG NEGATIVE

5 SETS OF 15–20 SECONDS

Hold the bench behind your head and kick your legs up, raising your back off the bench (**A**). Slowly lower (**B**). Repeat.



2c/ BENT-KNEE CRUNCH

5 SETS OF 10 REPS

Perform the crunch, as before, but with your knees bent at a 90-degree angle.



2d/ SINGLE STRAIGHT-LEG CRUNCH

5 SETS OF 10 REPS EACH SIDE

Perform the crunch with one knee bent, the other straight, raised.



*TEMPO 101

Switching up the speed of your reps is a great way to spur growth by increasing the time your muscles spend under tension. To signify the tempo for a move, PTs use a four-digit number corresponding to the four phases of a rep. "If I say '3010', it means three seconds on the eccentric (ie lowering) portion of the exercise with a zero-second pause at the bottom, then one second for the concentric (ie raising) portion and no pause at the top," Zocchi says. Use this technique to mix up your routine when you feel like you've hit a plateau. Just think of it as Norse code.

CUT OUT AND KEEP

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WORDS BY TED LANE / PHOTOGRAPHY BY JOBE LAWRENSON

TIME

MAXIMISING LIFE'S GREATEST LUXURY



03

MONTHS TO DE... YOUR LIVER (AND AVOID GOING DRY)

After a Christmas during which the eating of sausage rolls briefly became an Olympic sport, you'd be forgiven for thinking January was a time for drastic action. After all, fatty liver disease, a condition linked to diabetes and cancer, is caused by precisely the kind of overindulgence that happens during the festive season, and affects a whopping 30% of men. But you don't have to join a monastery to undo the damage.

Detoxing with dumbbells, not a dryathlon, is the way to go, according to researchers at the University of Haifa. Forget your hard-line and humourless 'new year, new you' plans; instead, a 40-minute workout, focusing on your legs, chest and arms, three times a week, will improve insulin resistance and lower levels of fat in your liver. The study found that sticking it out for three months will reboot your organs, while also building a better body. So polish off those leftover beers guilt-free.

THE PREHAB PUMP

Use fitness expert Brett Durney's workout to slimline your liver – it's just the tonic

BARBELL BACK SQUAT
5 sets, 12 reps, rest 60sec
Tempo: 3sec down, 1 up
Hug the bar into your traps and sit in a squat. Push up explosively, then lower.

DUMBBELL CHEST FLY
5 sets, 12 reps, rest 60sec
Tempo: 3sec down, 1 up
Palms in, slightly bend your arms and lower the weights out to the side, then reverse.

EZ BAR BICEPS CURL
5 sets, 12 reps, rest 60sec
Tempo: 3sec down, 1 up
With an underhand grip, curl the bar until it's shoulder height. Lower under control.

ADDITIONAL ILLUSTRATIONS: ALCONIC AND ROBERT GUDEMMI

04

WEEKS TO PSYCH OUT WEIGHT GAIN AND LOSE 1.5 KG

Yes, we know we've said time and again that scales are pointless, that BMI is a flawed measure of a healthy body composition and that an obsession with weight is no way to go about becoming fitter, leaner and stronger. And we stand by it all. Well, most of it. Because it turns out scales can *trick* you into being healthier.

A study published in the *Journal of the Academy of Nutrition and Dietetics* found that men who weigh themselves daily lose an average of 9.2kg over six months, compared to an average 3.1kg in men who didn't. The study found daily monitoring encourages you to adopt more than double the smart habits that promote weightloss, like cutting out crap and getting off your derriere, by making it easier to evaluate which habits pay dividends. So hop on before breakfast and watch your fat-loss targets go off the scale.



WEIRD WEIGHTLOSS

MH **collates the latest heavyweight science findings to tip the scales in your favour**

CHANGE FOR GOOD

Men paying by card buy 40% more unhealthy foods like cake. Carry cash and take a slice out of your waistline. *Binghamton University*

SMELLS LIKE LEAN SPIRIT

A whiff of vanilla alters serotonin levels in your brain, making you less likely to eat chocolate or savoury snacks. *St George's Hospital*

COLOUR PALATE

Painted plates that contrast with the colour of your food trick you into eating fewer fat-laced foods. So ban beige. *Cornell University*

01 MINUTE TO BLITZ YOUR NEW YEAR GYM RESOLUTIONS



Launching into a breakneck 10K on New Year's day will leave your muscles – and your 2016 fitness goals – in tatters. The enthusiasm of men hoping to transition from couch potato to athlete is, on one level, commendable. But starting a new routine at full pelt stresses your body, leading to stuttering progress. Of course not everyone will heed our advice – so we've come up with a tasty solution.

Over Christmas your vitamin C intake was probably limited to post-bender Beroccas. But the nutrient also supports recovery of another kind. According to the *Asian Journal of Sports Medicine*, vit C recycles antioxidant vitamin E, reversing the oxidative stress that leads to the dreaded DOMS.

Take 60 seconds to blend *MH*'s vitamin-dense smoothie (*right*) after every run. And you can save this recipe for summer, too. By reducing oxidative stress you also minimise muscle atrophy when you're not training, which means you can maintain your holiday six-pack from the pool lounger.

SMOOTHIE OVER THE CRACKS

Body in bits? Simply blend this vit C-rich drink from nutritionist Scott Baptie

- **Frozen strawberries, ½ cup**
- **Kiwi fruit**
- **Banana**
- **Milk, 500ml**

The strawberries and kiwi combine for a vit-C shot equivalent to two oranges; banana restocks carbs for added stamina; and milk's casein protein strengthens your tired legs. It tastes pretty damn good, too.



03

NEAT SECONDS TO SCOTCH YOUR RISK OF HEART DISEASE

Whether it's a complicated relationship with last month's cheeseboard or the thought of paying off Christmas credit card bills, there are many ways you can push your ticker into the danger zone. It's a sobering fact that heart disease is man's biggest killer – guarding against it should be a priority for everyone in the new year. Less forbiddingly, however, is that at a time when pals are practising pious abstinence, *MH*'s health-boosting prescription is as simple as picking the right tipple.

Scientists in Spain found that the polyphenols famously found in red wine – and to a greater but far lesser-known extent in whisky – can wash down oral bacteria levels by 78%. But it's not your teeth that are of primary concern: rather, research in the *American Journal of Cardiology* discovered a link between poor gum health and coronary heart disease. Can you see where we're going with this? Use our beginner's guide to whisky appreciation (*right*) and rest comfortably knowing that your nightcap is doing your heart more than a wee dram of good.

AMATEUR DRAMS

Whiskypedia author Charles MacLean gives his tips for getting the most from your malt



SINGLE MINDED
Choose single malts* over blends. It makes sniffing out smoke or citrus notes easier, so you look 'pro' at parties.



ON THE NOSE
A bowled glass with a narrow rim angles the smell directly into your nose. Swirl your dram to intensify the scent.



ACQUIRED TASTE
If the smell makes your nose prickle, add a bit of tap water – it'll 'open up' the whisky. And stop you from gurning.

*TRY GLENMORANGIE ORIGINAL £32 THEWHISKYEXCHANGE.CO.UK | ILLUSTRATION: PETER CROWTHER

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Crack the code to a leaner, stronger, faster body in 2016 with our dossier of intelligent workout upgrades, direct from the world's most elite training centres, research labs and sports teams. Start prepping for the fittest year of your life

01 Power Past Your Rivals

Accelerate your game with these sprinting secrets from Lance Walker, global director of performance at the Michael Johnson facility for NFL, NHL and MLS players



Dart Like Djokovic

All sports require short, sharp, multi-directional dashes, and it's mobility and stability exercises that allow you to do so. Inchworm drills develop ankle flexibility and back stability for Novak-esque changes of direction. Place your hands by your toes, inch them forward into a plank position, then inch your toes forward into a pike position, and repeat.

Blitz Like Bolt

Top sprinters like Usain Bolt develop both speed and power for maximum velocity. To build power, load a sled with 5% of your bodyweight and tow it 20m as fast as you can. Do it five times, then ditch the sled and sprint the same distance unresisted to work on your speed.

Jump Like Joshua

MJP athletes use video analysis to perfect their running rhythm because slick movement patterns conserve energy and enhance speed. You can replicate the results at home: try five minutes of skipping in front of the mirror, incorporating forward, backward and lateral movements. It'll sharpen your running form, and give you fancy footwork like Anthony Joshua, too.

Repeat Like Ronaldo

One of the things that sets an athlete like CR7 apart from his flat-footed peers is not that he can beat them to the ball once, but that he can keep consistently doing so after 90 minutes. Speed-endurance drills (two sets of 10 x 36m sprints, with a 1:5 sprint-rest time ratio) teach your muscles to re-energise themselves quickly so you're always ready to be the last-minute hero.

PHOTOGRAPHY: HENRIK SORENSEN/GETTY | WORKOUT PHOTOGRAPHY: HEARST STUDIOS AND ADRIAN WEINBRECHT

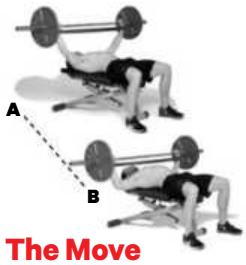


DRILL YOUR FORM TO SMASH YOUR SPRINT TIMES TO PIECES

02 MODIFY YOUR MOVES FOR OLYMPIC MUSCLE

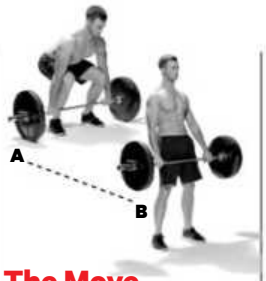
If your transformation efforts hit a plateau, get back on course with these workout upgrades used by Team GB rowers, says Alex Wolf, head of S&C at the English Institute of Sport





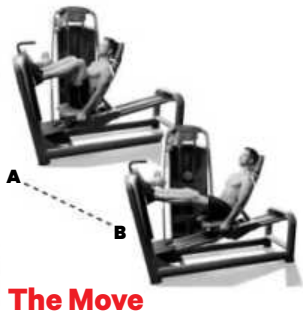
The Move Bench Press

The basics: Maintaining a neutral spine and tension through your feet, lower the bar to chest level then push up for bigger pecs and triceps. **Your upgrade:** GB athletes wrap their arms with a neoprene sleeve: the springy resistance supports the load from the bar, allowing you to lift heavier. Doubling up 40in resistance bands between your arms will do the same job. Aim for 3 sets of 8 reps.



The Move Deadlift

The basics: Grab a bar with an alternating grip, hands outside your shins. Lift by hinging at the hips then driving them forward. **Your upgrade:** Olympic rowers load the bar with the heaviest weight they can safely lift for 5 reps, then reduce it by 20% and perform 2 sets of 1, 2, 3, 4 and 5 reps with 10 seconds' rest in between. The short rests boost your muscles' workload for big benefits.



The Move Leg Press

The basics: Sitting in a leg-press machine, push the weight away in an upward squat motion. **Your upgrade:** Athletes use specially designed squat apparatus that focuses on the eccentric (lowering) part of the exercise, as it provokes the largest stress. Ape their methods with 3 sets of 8 reps on a regular leg-press machine, but lowering the weight for 10 seconds for extra gains without extra reps.

03 RUN YOUR FASTEST EVER TIME

Plot your way to a new PB, says Ken van Someren of London's GSK Human Performance Lab, home to the Brownlees



YOUR SEVEN-DAY PLAN

MONDAY 7AM FASTED RUN
TUESDAY 1PM INTERVAL SESSION
WEDNESDAY REST DAY
THURSDAY 6PM SUSTAINED EFFORTS
FRIDAY REST DAY
SATURDAY 10AM HIGH-VOLUME TRAINING
SUNDAY REST DAY



Fast To Go Further

MONDAY
FASTED RUN

■ **Knocking out an hour-long fasted run before breakfast at 60-70% of your max heart rate (that's jogging pace) forces you to burn body fat – not carbs from food – for energy, so your body learns to access extra fuel for endurance on race day. Scoff a bowl of porridge afterwards to speed recovery.**



Sprint For Stamina

TUESDAY
INTERVALS

■ Intervals boost your VO_2 max – your body's ability to deliver oxygen to your muscles – by teaching your muscles to absorb more O_2. Try 3 sets of 4 x 60-second sprints (with 30-second rests) at full pelt, taking three minutes' rest after each set of sprints – it will upgrade your endurance engine.



Never Fade Again

THURSDAY
STEADY EFFORT

■ **Build your speed endurance with extended intervals, which train your muscles to buffer the acid waste triggered by hard exercise. Alternate two-minute efforts at 90% of your MHR with two-minute recovery jogs. Aim for 8 sets of each – that's 32 minutes of pain for marathon stamina gains.**



Premium Economy

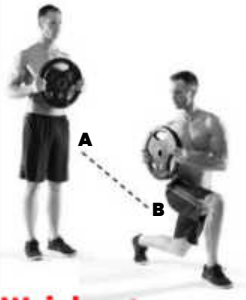
SATURDAY
HIGH-VOLUME

■ Your long weekend run is a bit like George Osborne: not a barrel of laughs, but its purpose is to boost your economy. High-volume training helps your muscle fibres produce more force so you can maintain a faster pace using less energy and dodge fatigue for longer.

04 SCULPT A CELESTIAL SIX-PACK

Launch sit-ups into a black hole forever with abs moves used to prep astronauts for life in space, says Nora Petersen, exercise team lead at the European Space Centre

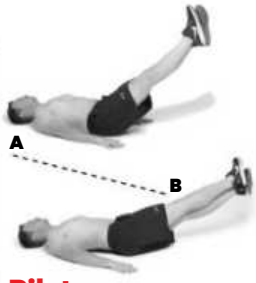




Weighted Rotational Lunge

3 X 10 REPS EACH SIDE

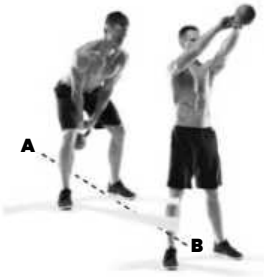
■ Holding a weight plate or sandbag to your chest (**A**), lunge forward and twist to one side (**B**), then bring your back leg through to repeat on the other side. Core strength is crucial for preventing injury in space – where physios are few and far between – and handy for powering up your squash returns here on earth.



Pilates Corkscrew

3 X 30 SECONDS

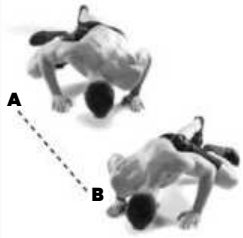
■ Lie on your back, raise your feet to a 45-degree angle (**A**) and make a circular motion with your legs (**B**). Astronauts use this move to prepare for muscle wastage in microgravity during lengthy missions. But you should find it just as useful for keeping your abs beach-fit during the long British winter.



Kettlebell Swing

3 X 60 SECONDS

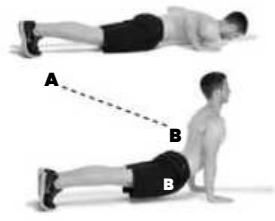
■ Holding a kettlebell in both hands, dip down and swing it from between your legs (**A**) up to chest height (**B**), generating power from your hips, not back. This hardcore exercise works your ankles, knees and hips to help stabilise your body and send your weight-lifting skills into orbit.



Alligator Crawl

3 X 60 SECONDS

■ Crawl forward with your chest as close to the ground as you can get it, raising your right knee to your right elbow (**A**), then repeating on your left side (**B**). This is ideal for escaping aliens in cramped ventilation shafts or nailing obstacle courses here on our own muddy planet.



Yoga Cobra Pose

TWO-MINUTE HOLD

■ Lie on your front (**A**) and raise your back upward with your hands positioned directly beneath your head (**B**). This yoga favourite battles the back-weakening effects of a low-gravity working environment, and the long hours spent on your own sat at a desk.

05 Make It Your Best Season Ever

Boost your agility, coordination and reactions for match-winning skills with the help of Luke Storey, senior performance specialist at California's Peak Performance Project, an NBA mainstay



AGILITY IS NOT PURELY PHYSICAL: IT REQUIRES SHARP COGNITIVE SKILLS

Agility has become a bit of a buzzword – why is it so important?

■ All athletes, from basketball players to footballers, need the physical and cognitive skills to be able to change direction quickly, shift from side to side and accelerate. These skills make a big difference, and they all have their foundations in agility.

So how can I get faster reactions?

■ Agility is not purely physical; it requires cognitive skills such as anticipation. Train with three sets of eight lateral slide reactions, sliding left or right to the pointed directions of a partner, or mirroring their movements opposite you.

Can I train my way out of crunching tackles?

■ Yes. Nimble feet are made with ground-contact work – like 4 sets of 5 reps of single-leg hops over a set of five low hurdles. This develops stiff, stable ankles. NBA players also use lateral plyometric exercises, such as 3 sets of 8 reps of skaters. Hop sideways from one leg to the other, balancing your trailing leg behind your standing leg, like an ice skater.

I'm more of a big swinger: how can I put more power behind my smash?

■ You need to transfer force from the legs through to the upper extremities by rotating at the hips and trunk efficiently without excess loss of force. Train with three sets of six cable rotation rows, sitting sideways to a cable machine and pulling the cable across your body.





06 TORCH FAT IN JUST 30 MINUTES

Professor Greg Whyte from the Centre For Health And Human Performance knows how to get leaner, faster

People fail at fat loss because they forget that success depends on psychology and sociology as well as physiology. By targeting a broad spectrum of activities all year – from solo strength training to high-intensity classes (find the best in Britain on p90) – you get physiological benefits such as a higher metabolism and reduced body fat, but also motivation and social contact, helping to stimulate long-term success.

But fat loss can be rapid. Simple 30-minute high-intensity sessions burn a serious number of calories, but also boost your fitness so you can train at a higher intensity for longer. A class like Insanity can add a vital social component, and crucially trigger a metabolic lag so you'll be torching calories hours later.

Brick sessions are another time-friendly fat-burner. A 27-minute workout where you switch from rower to bike to treadmill every three minutes enables you to remain in the high-intensity domain much longer because you share the load across different muscles.

Finally, don't neglect the weights room: more muscle mass increases calorie-burning potential, improves body composition and enhances posture. If you want to look like an athlete, start training like one.

07 Training Secrets Every Cyclist Needs

Whether you ride to work or you have L'Alpe d'Huez in your sights, conquer any climb with the training wisdom of Tim Kerrison, head of athlete performance at Team Sky, home of two-time Tour de France champ Chris Froome



Phase 1 Boost Your Pedal Power

The key to going from weekend warrior to Sky rider depends on the size of your power output. To pump up your power, you need to train both your cadence (how quickly you pedal) and your torque (the force you pump through the pedals). During your next ride integrate intervals done at a high cadence (pedalling quickly at 100rpm) to develop speed, and big-gear sections (pedalling slower at 50rpm) for va-va-Froome power.

Phase 2 Get Race Ready

'Spiked' training drills – when you maintain a high effort (so you can talk, but only in short sentences) but perform regular 'spikes' of 10-45 seconds above your anaerobic threshold (typically 80% of your MHR, or when you start finding it harder to talk) – will prepare you for sprints and attacks during road races, or help you beat your mates uphill on weekend rides. The efforts force your body to recover while maintaining a high intensity, helping to build a race-ready engine and boosting your speed.

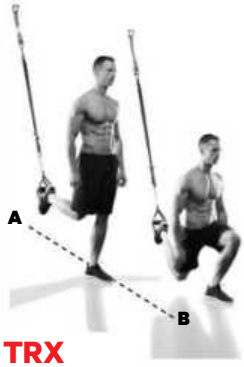
Phase 3 Turn Mountains Into Molehills

It's hard to train for Alpine climbs when the biggest hill nearby is the speed bump at the end of your street. But training on flat roads with a lower cadence (60rpm) and a higher gear (so it's harder to pedal) can help. The extra effort recruits more muscle fibres so your body learns to handle the sustained effort needed to conquer Europe's real cloud-scrapers.

08 BUILD A BULLET-PROOF BODY

Toughen up for your next trail run with three rounds of this circuit from Steve Kemp, elite physio for Perform rehab at St George's Park





TRX Reverse Lunge

20 SECONDS EACH LEG

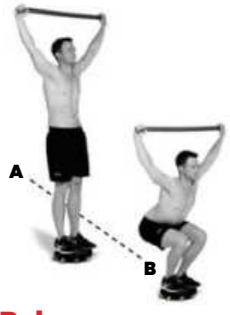
With your right foot in a TRX handle at calf height (**A**), perform a reverse lunge by lowering until your front thigh is parallel to the floor (**B**). This leg-pumper will prepare your lower limbs for mud and bogland. Rest 20 seconds after each set, then move on to the push-backs.



TRX Push-back

40 SECONDS

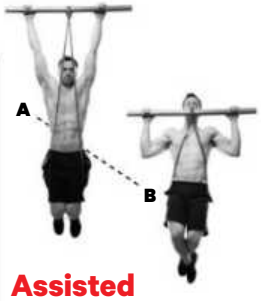
Place both feet in the straps at knee height, adopt a press-up position and push back as far as you can while keeping a flat back (**A**). Draw your feet back in (**B**). Rest 20 seconds. Now you won't crock yourself jumping over a fence or a badger.



Balance Squat

50 SECONDS

Standing on an uneven platform, stretch a band above your head (**A**). Sink into a squat (**B**). This trains your legs to handle craggy surfaces, while pulling strengthens the top half of your spine so you don't obliterate your back jumping over stiles. Take 10 seconds rest.



Assisted Pull-up

40 SECONDS

From a deadhang (**A**) repeatedly raise your chest to the bar to failure (**B**). Use a power band to take some of your weight if you need help. You'll craft a V-shape prepped to take on the toughest course. Rest 20 seconds, then back to the lunges.



BECOME A TOUR DE FORCE BY LEARNING TO TRAIN SMARTER, NOT JUST LONGER

09 THE WINNING FORMULA TO STAY INJURY FREE

Clayton Green, manager of human performance at McLaren, reveals how F1 stars use gym drills to stay the course



During a F1 race, G-force constantly pushes or pulls the driver's head in different directions. The heaviest is under braking, when they hit 5G – almost double what astronauts experience during a rocket launch. The head and helmet of a typical driver weigh 7kg, so with 5G working on them, that's 35kg of force through the neck. The drivers also get brutalised in the cockpit. We liken their seated position as akin to lying in a bathtub with your feet on the taps: it puts your back in a really extreme curve.

To strengthen their neck muscles, the drivers perform TheraBand lunges. You just attach a TheraBand – a latex resistance band – around your head and lunge away from where you are tethered. As the band stretches it increases the pull while you work to maintain your head position and posture.

For back and core exercises, the drivers do complicated balance drills. A good example is to sit and balance on a Swiss ball with your feet resting on a medicine ball – not on the floor. Or you can do V-sits – sitting down, leaning back with your feet off the floor – while rotating a dumbbell. These are highly effective ways to strengthen your neck and back. You need to be prepared, whether your job involves a two-hour F1 race with up to 23 corners per lap, or being sat in front of a computer screen all day.

The Successful Man's GUIDE TO FAILURE

PHOTOGRAPHY BY DAVID SYKES
WORDS BY MATTHEW SYED

IF YOUR NEW YEAR'S RESOLUTIONS HAVE A TENDENCY TO FLATLINE BEFORE THE SEASON'S OUT, DON'T BE TOO HARD ON YOURSELF. IT'S BECAUSE YOUR BRAIN IS HARD-WIRED TO FAIL, OVER AND OVER AGAIN. THE TRICK IS TO REWIRE THAT CIRCUIT. WHATEVER YOUR GOALS, IF YOU WANT TO SUCCEED IN 2016, THEN FIRST YOU NEED TO FAIL


DON'T LET IDEAS
THAT WON'T FLY
CRASH YOUR
CONFIDENCE

At 3:25pm



on 15 January 2009, US Airways Flight 1549 was given clearance to take off at New York's LaGuardia Airport. It was a clear afternoon and Captain Chesley Sullenberger and First Officer Jeffrey Skiles ran through the checklists.

Less than two minutes after take-off, a flock of Canada geese loomed into view. The pilots had no chance to take evasive action. Two birds flew into the right engine and at least one into the left. After a series of loud thuds came a deathly silence. They were 3000ft above New York in a 70-tonne Airbus without power. The crew had to make a series of split-second decisions. They were offered a return to LaGuardia, then a rerouting to Teterboro, an airport in the New Jersey Meadowlands. Both options were rejected. The plane was dropping too fast. At 3:29pm, Sullenberger uttered the words that would create headlines around the world: "We're going to be in the Hudson."

In a brilliantly judged manoeuvre, Sullenberger safely landed the plane on the Hudson River. The then-57-year-old received a phone call from President-elect Obama. *Time* magazine listed him second in its section of Heroes & Icons. To the public, it was an episode of sublime individualism: one man's victory of skill and calmness under pressure.

But aviation experts saw a bigger picture. They cited not just Sullenberger's individual brilliance but also the system in which he operates. Some made reference to crew resource management, an aviation technique that generates a smooth division of responsibilities between crew members in a crisis. Others talked about the fly-by-wire technology that corrected the tilt of the plane inches from contact with the water. Still others credited checklists and ergonomic design.

Ergonomic innovation was born out of a series of accidents involving B-17s in the late '40s. An investigation found that the switches controlling the flaps in B-17s were identical to those controlling the landing gear, and were placed side by side. Under the pressure of a difficult landing, pilots were pulling the wrong lever. So a small rubber wheel was attached to the landing-gear switch and a small flap shape to the flaps control. The buttons now had an intuitive meaning, easily identified under pressure. Accidents of this kind disappeared overnight.

Crew resource management emerged from the wreckage of United Airlines 173 in 1978. Investigators examining the black boxes of this crash realised the pilot had become fixated on a faulty light, and had lost awareness of dwindling fuel reserves, despite warnings from the flight engineer. Crew resource management offered a solution by having a clear division of roles. Ten people died in United 173, but what was learnt saved thousands.

Sullenberger was a hero; his landing one of the year's great success stories. And yet things would have been dramatically different were it not for a succession of historic disasters. As Sullenberger himself put it: "Everything we know in aviation, every rule in the rule book, every procedure we have, we know because someone somewhere died... We have purchased, at great cost, lessons literally bought with blood that we have to preserve as institutional knowledge and pass on to succeeding generations."

This is the paradox of success: it is built upon failure.

Stuck in a loop

Every year we make ourselves promises. This time we're going to try harder, do better, go further. It might be that we're going to give something up. Maybe we'll become improved versions of ourselves in some way. So we buy gym memberships, new trainers and, yes, subscribe to *Men's Health*. Our intentions are without fault, yet still we fail.

The problem is that very little happens if we tackle our resolutions – new year's or otherwise – with the same, old mindset. It is not the goals that are flawed, but the way we approach them. You can succeed once, of course, by making a resolution or two. You can win twice, or even three times, with a bit of luck on your side. But to succeed consistently requires an



Winning Mentality

You can learn to think like a champion says Kate Hays, head of psychology at the English Institute of Sport

Step 01

See It Your Way

The way in which you *perceive* an upcoming event – be it a big race or a best man's speech – determines whether you process it as a threat or challenge. See it as the latter and you'll make better decisions, be able to control your emotions and be more likely to fulfil your potential.

Step 02

Adjust The Plan

Decide exactly where you want to be, then identify the steps to get you to that point, and the action that you'll take – like a to-do list for your life.

Step 03

Build Belief

You need confidence and self-belief to succeed, but you can't force it. Confidence comes when you prepare well and you can see progress. Olympic athletes are successful because they know they've left nothing to chance.

Step 04

Always Debrief

Win or lose, aim to debrief yourself after key events, keeping in mind the goals you set going in. This allows you to learn from your mistakes and parlay defeat today into victory tomorrow. Similarly, use reflection to turn success today into a winning formula.

Step 05

Let It Out

If you've failed this time, allow yourself to feel emotional. In fact, the pain of failure can present a fantastic motivator for success. Reliving the raw emotion felt following a poor performance can drive people to train harder and streamline focus.

"We often stick with prejudices rather than being bold enough to see where we are going wrong"

underlying method – and that, in turn, requires a change in the way we think.

Take an example like the primitive medical practice of bloodletting with leeches. Doctors would deploy this technique in order to save their patients. The problem, of course, was that it didn't actually work, weakening patients when they were most vulnerable. But the doctors couldn't see it. Their intentions were doubtless good, they probably sought to improve, but ultimately they were stuck in a 'closed loop'.

If the patient recovered, it was proclaimed that bloodletting had saved them. If the patient died, it was surmised that the patient must have been seriously ill, because not even bloodletting could save them! In other words, instead of looking for the weaknesses in their assumptions and procedures, they interpreted everything that happened through a prism of absolute adherence to the beliefs of the time.

This problem has wider application. In our own lives, we often stick with longheld assumptions and prejudices, rather than having the boldness and clarity to see where they are going wrong, and then adapting. This can be true of our jobs, our professional relationships, even our personal lives. We get stuck in closed loops of all kinds, often for months and even years. Bloodletting survived as a medical treatment for over 1700 years.

If you look at consistent winners, in sport or life, they are unified by a particular method, and by its associated mindset. This is as true of Google and Team Sky as of the inventor James Dyson and the basketball legend Michael Jordan. Summarised simply, it is a capacity to learn from mistakes.

Black box thinking

Failure itself is a key building block of success. All winners, in all areas of life, have experienced it at some stage in their development. The real danger, then, is not failure itself, but refusing to learn from it.

Around 34,000 deaths per year could be attributed to human error in our healthcare system, according to a report by the National Audit Office in 2005. It put the number of patient incidents and "near misses" at 974,000. A study into acute care in UK hospitals found that one in every 10 patients is harmed as a result of institutional shortcomings.

Some 400,000 people die in America each year because of preventable medical error. That is the equivalent of two jumbo jets falling out of the sky every day. Note the key word: "preventable". These figures put avoidable medical error as the third biggest killer, after cancer and heart disease. These mistakes don't need to happen, shouldn't happen. But they do, over and over again.

In aviation, on the other hand, the attitude toward error is both striking and unusual. The measures described earlier, and many more – including, for example, the introduction of black boxes – have had astonishing results. In 1912, eight of 14 US army pilots died in crashes: more than half. In 2013, there were 36.4 million commercial flights worldwide carrying more than three billion passengers. Only 210 people died. For members of the International Air Transport Association, with the most robust procedures, there was one accident for every 8.3 million take-offs. This hints at the incalculable power of learning from failure.

In healthcare, things are different. Mistakes are seen as embarrassing and stigmatising; learnings are not made. It's not just that doctors are not admitting to mistakes because they are worried about litigation. The problem is more subtle than that. Doctors fear the *internal* consequences of admitting a mistake. After all, they are obliged to save their patients; medical errors are as serious a threat to their professional self-worth as it is possible to imagine.

A matter of pride

A real case from Johns Hopkins Hospital in Baltimore vividly demonstrates how the desire to protect our egos destroys our capacity to learn. The operation involved a patient suffering from a recurrent hernia and the anaesthetist on the case was Peter Pronovost, who would go on to become arguably the world's greatest champion for patient safety.

Ninety minutes into the operation, the patient started wheezing and her blood pressure plummeted. Pronovost suspected that she had a latex allergy and that the surgeon's gloves were at fault. He provided a dose of epinephrine and her symptoms dissipated. He then advised the surgeon to change gloves. The surgeon disagreed. "You're wrong," he said. "This can't be a latex allergy... The patient didn't experience a reaction during any of her previous procedures."

The stakes were now set. Any new evidence from this point on was likely to be interpreted not as an opportunity to do what was right for the patient, but as a challenge to the surgeon's ego. With the argument escalating, the junior doctor and nurses were pale-faced. Pronovost was now certain that if the surgeon didn't change gloves the patient would die. So, he changed tack. "Let's think through this situation," he said gently. "If I'm wrong, you will waste five minutes changing gloves. If you are wrong, the patient dies. Do you really think this risk-benefit ratio warrants you not changing your gloves?"

You might imagine that the surgeon would accept that logic. But he didn't. The risk-benefit ratio had become about weighing the life of a patient against the prestige of a surgeon whose entire self-esteem was constructed upon the cultural assumption of his own infallibility. "You're wrong," the surgeon said.

This could have been the end of it, and normally it would have been. After all, the surgeon is in charge. But Pronovost, who had lost his father to medical error, stuck to his guns. He instructed the nurse to telephone the president of the hospital so that he could overrule the surgeon. The nurse picked up the phone, but hesitated, looking at the two men. Only as the number was dialled did the surgeon budge.

He swore, dropped his gloves, and strode to change them. Once the operation was over, tests confirmed what Pronovost suspected: the patient had a latex allergy. If the surgeon had got his way, she would almost certainly have died.

This alarming case reveals why learning from mistakes is so vital. If there were independent investigations into adverse events, they would be picked up during the 'black box' analysis, and doctors would learn from them. But independent investigations are almost non-existent. And those that do exist rely on the information provided by professionals, which is often withheld in a culture that stigmatises error.

When Virginia Mason Hospital in Seattle created an aviation-style system of incident reporting, and altered the culture so that professionals were empowered to speak up, errors plummeted. It is today regarded as one of the safest hospitals in the world.

Facing up to facts

Finding it difficult to admit to errors is not a problem unique to surgeons. Rather, it is the prevailing mindset across all people and all walks of life.

The scientific revolution was triggered through a redefinition of error. Instead of societies being threatened by evidence that challenged their tribal, religious and mythical beliefs, they learnt to embrace it.

And this is why the capacity to learn from mistakes is the leitmotif of success. Google runs randomised controlled trials at scale, clocking up thousands of tiny failures. James Dyson worked his way through 5126 failed prototypes before hitting upon the vacuum cleaner design that changed the world. David Beckham practiced through thousands of failed free-kicks as he built up his mastery.

Pixar, the animation company, goes through a process involving 12,000 storyboard drawings to make one 90-minute feature. As Andrew Stanton, director of *Finding Nemo* and *WALL.E*, puts it, "My philosophy has always been: 'We're gonna screw up, let's just admit that. Let's not be afraid of that. But let's do it as fast as we can so we can get to the answer.'"

Too Big To Fail?

If you've thought any of the below, you could be your own worst enemy, says psychotherapist Krish Nath*

01

Failing is what losers do, and I am no loser

Failure is an incredibly difficult concept for some men to cope with, as they associate their own personal worth with their professional success. As such, a lot of men deny their mistakes or entirely avoid situations where they might fail. But no one ever achieved anything by taking the easy route. Drop the ego and take a risk – getting it wrong is actually the first step to getting it right.

02

Never be the first to apologise after an argument

Refusing to admit mistakes reinforces the idea that making errors is unacceptable. The further down this line you go, the more catastrophic it becomes when you *are* in the wrong. (Yes, it happens.) You might be trying to save face, but going into denial with a partner or friend will only serve to send your relationship into a downward spiral.

03

The status quo is awesome. Things are just fine the way they are

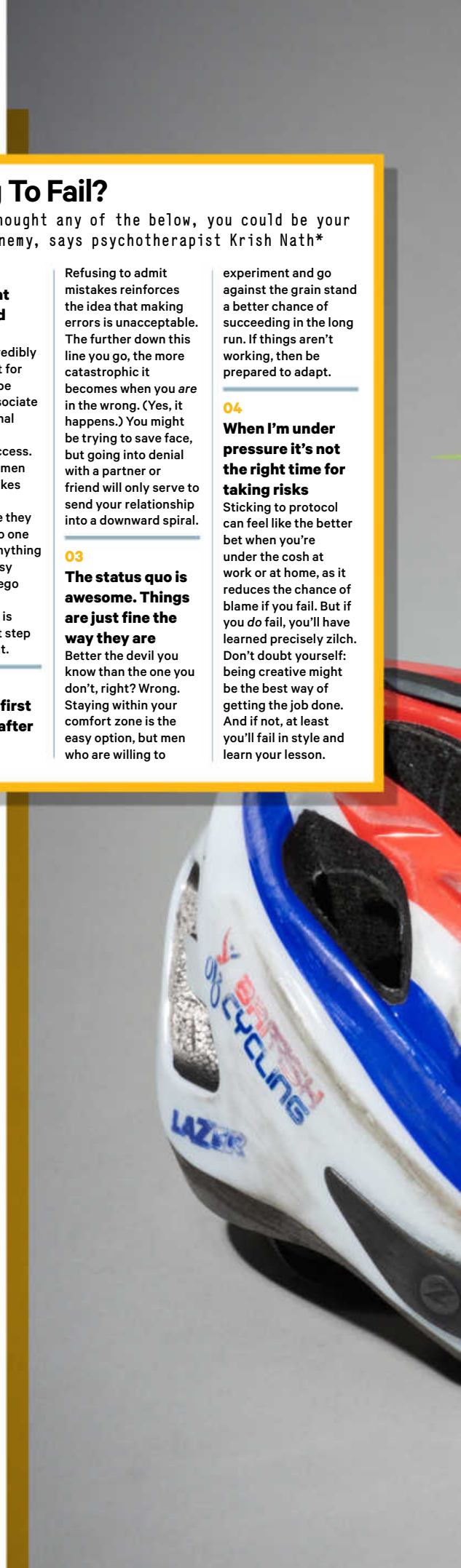
Better the devil you know than the one you don't, right? Wrong. Staying within your comfort zone is the easy option, but men who are willing to experiment and go against the grain stand a better chance of succeeding in the long run. If things aren't working, then be prepared to adapt.

04

When I'm under pressure it's not the right time for taking risks

Sticking to protocol can feel like the better bet when you're under the cosh at work or at home, as it reduces the chance of blame if you fail. But if you *do* fail, you'll have learned precisely zilch. Don't doubt yourself: being creative might be the best way of getting the job done. And if not, at least you'll fail in style and learn your lesson.

*TRUSTEE OF THE BRITISH ASSOCIATION FOR BEHAVIOURAL & COGNITIVE PSYCHOTHERAPIES | SET DESIGN: LOU BLACKSHAW
ADDITIONAL PHOTOGRAPHY: GETTY | CYCLONE S BRITISH CYCLING HELMET LAZERSPORTS.CO.UK





The Successful Man's Guide To Failure

The same approach can be seen with 'marginal gains', the method that has revolutionised British sport. Sir Dave Brailsford, the man associated with the idea, became performance director of British Cycling in 2003. Brailsford took a distinctly different approach to the way leaders often operate. He had strong ideas, of course. But he also had a deep awareness that however much he knew about cycling, he didn't know everything. So instead of parading his vision, he looked for weaknesses in his assumptions. By using a wind tunnel, he isolated aerodynamic problems with the existing bike design. By creating algorithms that deconstructed performance, he noted key deficiencies in the training regimes.

This was just the start. It was clear that there were untested assumptions lurking everywhere. Diet is an obvious factor in determining success, which is why most teams have a nutritionist. But Team Sky went further. They experimented with different foods at different times, and measured the precise effect on cadence and power output. Instead of trusting expertise, they conducted controlled trials.

Over time, British Cycling became the envy of the sporting world, eventually winning the Tour De France in three of the last four years.

Heather Hanbury, former headmistress of the prestigious Wimbledon High School, once said: "You're not born with fear of failure. It's something that grows as you get older. Very young children have no fear of failure at all. They have great fun trying new things and learning very fast. Our focus here is on failing well."

We have to be honest about our weaknesses if we are going to improve; to challenge the cherished assumptions that drive our decisions. Instead of living in the shadow of disappointments, we must face up to them, and try to develop strategies to prevent them happening again. The biggest barrier to reaching your goals is your own ego.

This is the revolution we need today: in our schools, our hospitals, our lives. To strive to win, of course, but first to fail *well*. So as you welcome in the new year, and start to make promises about what you're going to achieve in coming months, think first about what has prevented you from doing so in the past. Analyse your own mental black box. Ultimately, that is what personal growth is all about.

Black Box Thinking *by Matthew Syed is available now (from £7 amazon.co.uk)*

The Big Blue



With only a lungful of air and zero equipment, freedivers plunge for minutes on end into a dark and dangerous underworld, risking their lives with every attempt. But why? MH ships out to the Freediving World Championships and discovers that the planet's most extreme sport might also be its most serene

WORDS BY DAN MASOLIVER PHOTOGRAPHY BY RICHIE HOPSON AND DAAN VERHOEVEN

With the sun still rising groggily from its slumber on the horizon, Alexey Molchanov draws in one final mouthful of air. If all goes according to plan, it will be his last taste of oxygen for almost four minutes. If it doesn't, it could be the last breath he ever takes.

Molchanov disappears under the water and starts to pull himself down the safety line, descending head-first to a depth of 20m, then 30. To those following his progress at sea level, on a barge anchored 3.8km off the Cypriot coastline, he has become just a blip on the ship's sonar. Forty metres... 50. This far down, his neoprene wetsuit, lungs and ribcage are compressed under the immense water pressure, putting huge strain on his body and making him negatively buoyant. In other words, Molchanov is in free-fall.

Ninety metres, 100 – the Russian plummets into the abyss like a lead weight, at a rate of one metre per second. His fellow competitors, along with the assembled judges, safety divers and event organisers, wait anxiously on the barge's cramped deck. Molchanov turns for his journey back to the surface after 118m. If he can get back to the sanctuary of the air above without assistance, it will be enough to see the 28-year-old beat his own personal record and secure his third gold medal of this week's AIDA Freediving World Championships.

Yet outside of the sport, few will have heard of Alexey Molchanov. Freediving tends not to make waves among the general public for its medals, its records or its feats of superhuman endurance. Rather, it hits the headlines when tragedy strikes, as it did last summer when one of the world's greatest divers drowned during an out-of-competition dive. Natalia Molchanova was the holder of 41 world records, could hold her breath for nine minutes and was widely regarded as the greatest freediver of all time. She was also Alexey's mother.

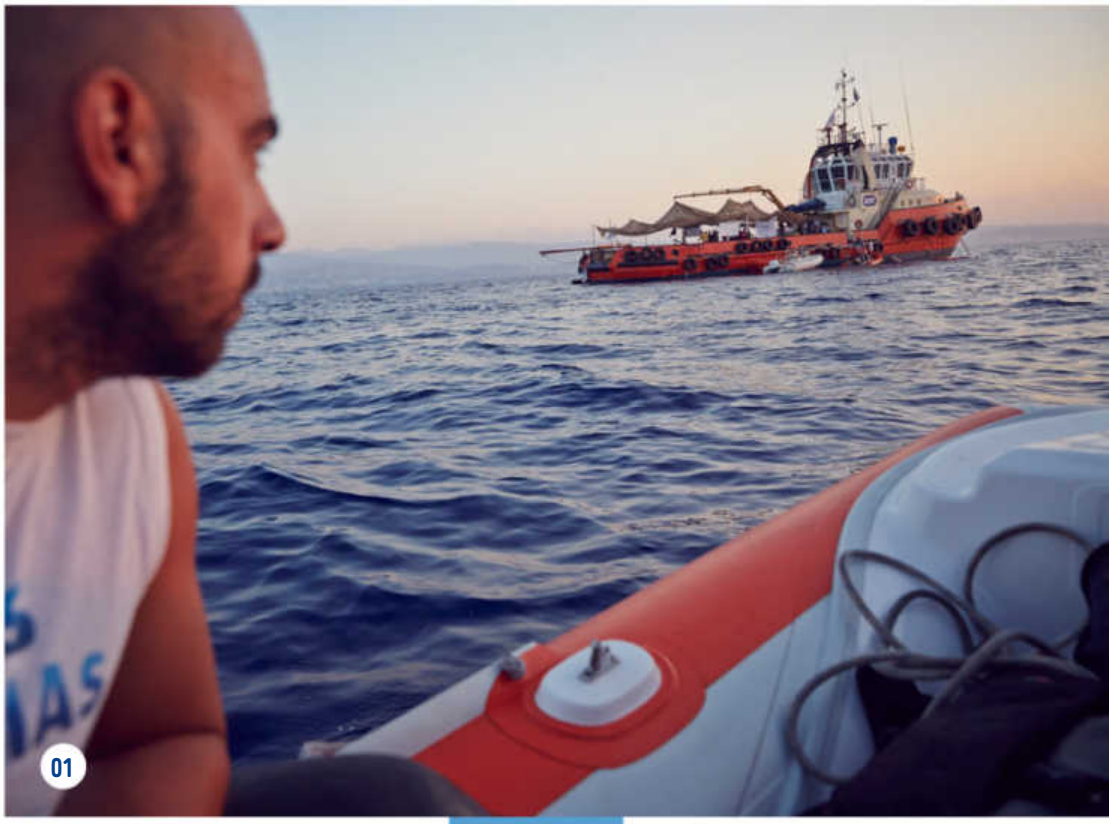
The exact circumstances surrounding her death remain unclear, but what is certain is that she was the only experienced freediver in her party and was diving in an area known for its strong currents. Her body was never recovered.

At competitions such as today's, numerous safety precautions are taken to ensure such a tragedy is not repeated. Yet the risk remains. This is freediving at its purest – and most dangerous.

DEEP THINKING

In a depth competition, the winner is simply the person who manages to dive the deepest and return to the surface fully conscious. Athletes announce a depth and estimated dive duration to the judges before they enter the water. A line is dropped to that precise depth, and they follow it down to the bottom. Blacking out – either mid-dive or at the surface – results in instant disqualification, to discourage dangerously deep attempts. Even so, with just one attempt per athlete, boundaries are pushed and the margins for error are minute.

Thankfully, accidents are rare. But sometimes there's no accounting for human error. Just before the start of the championships, French freediver Guillaume Néry announced a new world record attempt of 129m. The line was set, and down he went. Only unbeknownst to him, someone had set the line wrong – Néry had descended to 139m. He blacked out 10m from the surface.



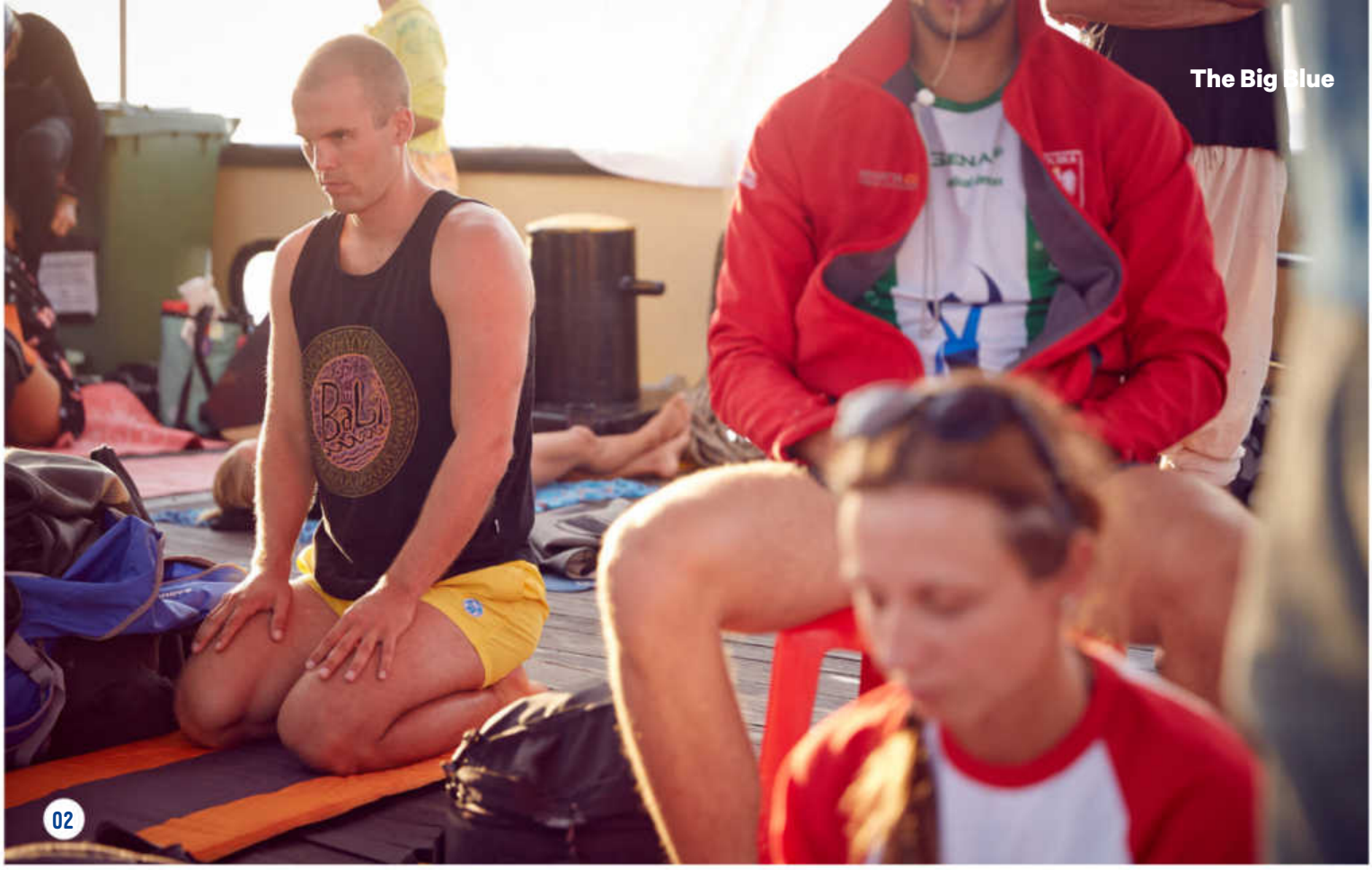
The Big Chill

01 BREAK OF DAY
Athletes arrive at a barge for the Freediving World Championships. At this early hour, the sea is at its calmest – crucial, as a deep-water current could easily prove fatal.

02 MIND GAMES
World Champion Alexey Molchanov gets ready for his third medal dive of the competition. Athletes do yogic breathing and stretching to prep for the pressure underwater – both of the mental and physical variety.

03 DOWNTIME
Eventual winner William Trubridge spends the hour leading up to his dive in the only quiet corner he can find aboard the crowded ship. To push your body when deprived of oxygen requires total relaxation.





02



SUUNTO CREW

"That was a very scary one," admits the heavily Gallic Néry, who has blacked out five times in 20 years of freediving. But despite coughing up a significant amount of blood, Néry is stoical, even sanguine, about his near-death experience. A week later he says he feels physically ready to get back in the water, but has nonetheless pulled out of the competition following medical advice. "What happened to me has never happened before," he says with calm pragmatism. "The sport is very, *very* safe. Everything is ready in case of big problems. Sometimes people black out – which is bad, because if you are alone, you die – but because of all the safety precautions, my case ended up being a minor accident."

For most mortals, the thought of holding your breath and plunging to such extreme depths might challenge notions of sanity. "That's totally natural," says Michael Board, an ex-Royal Marine and the UK's top freediver, who runs his own freediving school in Indonesia. "It's human instinct to be scared of the idea of going somewhere you can't breathe. But it's surprising how quickly it becomes comfortable to hold your breath for long periods, and how you can learn through relaxation to extend that period."

This is where freediving differs most from other so-called extreme sports. Far from being a high-octane, adrenaline-fuelled sport, freediving requires athletes to completely and utterly relax – to enter a trance-like state where neither the foreboding environment nor the physical discomfort affects their ability to keep calm under serious pressure.

"We're trying to conserve oxygen the whole time," explains one of the favourites for today's competition, William Trubridge, sheltering from the blistering 35ºC heat. "Every organ and muscle in your body consumes oxygen, none more so than your brain. And that oxygen is consumed by neural activity, so the more you think, the more oxygen you use." The solution is to enter a meditative state. "You try to empty your mind, to inhabit the spaces between thoughts. The water helps in that regard because it removes all the outside stimuli and so the brain slows down. It's harder to quieten the mind *before* the dive – that's when there's the most mental chatter."

For the final hour before they dive, athletes isolate themselves from the hustle and bustle of the world around them – no mean feat when there are 100 of you cramped together on a floating barge. They unfurl their mats, close their eyes and run through a series of breathing exercises and stretches not unlike a typical yoga class.

A DOT IN THE OCEAN

Alexey Molchanov is nearing the end of his dive. There are no big screens showing the action, no live commentary – only the slow progress of the dot climbing its way back up the sonar's screen, the seconds ticking over on the judge's stopwatch.

After three minutes and 44 seconds, Molchanov's head surfaces above the gently lapping waves. Then, almost as suddenly, it disappears back under the water. A team of safety divers is on him in a split-second. "Breathe Alexey," they command. And eventually he does. Given

Deep Sinkers

04 BIG FISH
Trubridge's dive of 112m is enough to give the New Zealander the victory in the Free Immersion discipline, where divers descend without fins.

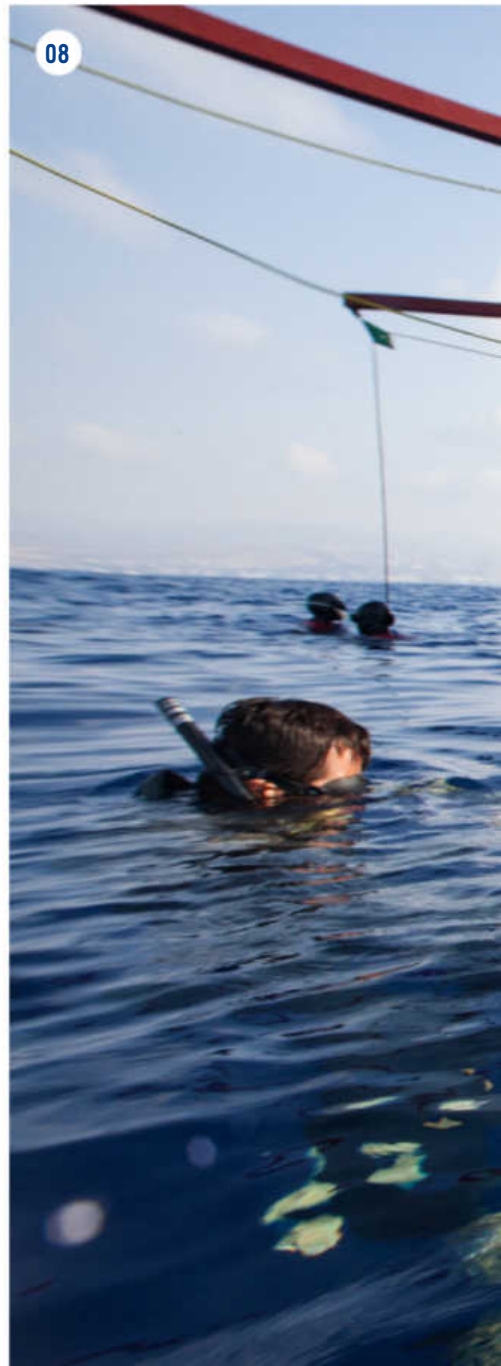
05 FIN TO WIN
Some disciplines allow athletes to use fins. Japan's Hanako Hirose's consistency across all three categories sees her finish second overall.

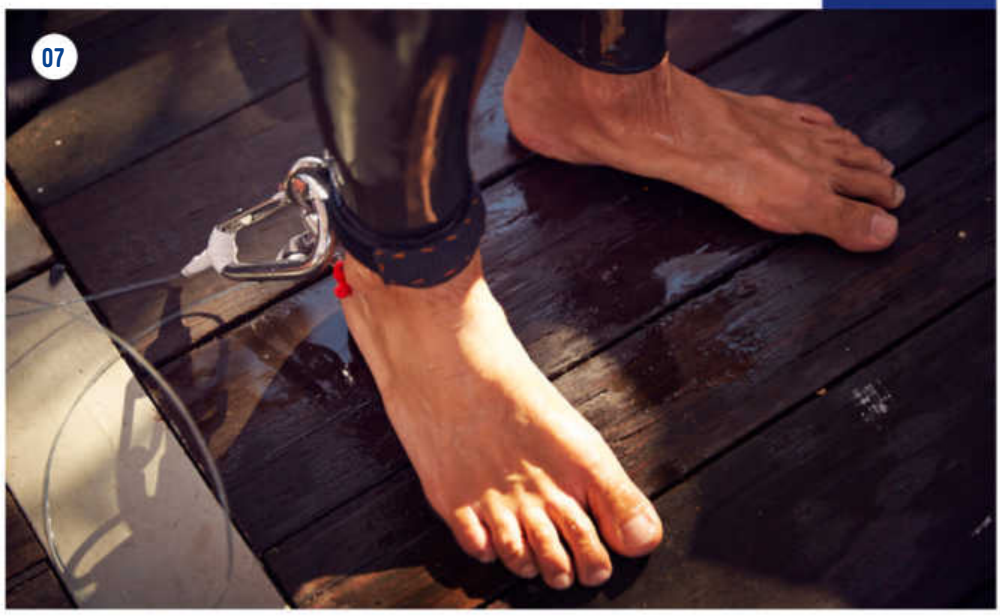
06 STAR ABOARD
Néry (who stars in the underwater video for *Runnin'* by Naughty Boy feat Beyoncé) is recovering from his near-death experience earlier in the week.

07 LIFE LINE
Athletes clip on to a safety line during dives – if they stay at one depth for too long, they're pulled up to the surface.

08 WAIT & SEA
Divers' relaxation continues in the final few moments before competing. Floats help them conserve energy.








05



06

Learning To Breathe

You too can train yourself to hold your breath for minutes, says the UK's top freediver Michael Board

Buddy up
The first rule of freediving is to never go it alone. If you're in water, make sure you have a trained 'buddy' observing you at all times.

Keep quiet
Find a peaceful place – distractions will affect your ability to hold your breath. Lie flat on your back with your arms by your side.

Chill out
Breathe in through your mouth for five seconds, then out again for 10. Try to slow your breathing cycle. Do this for three minutes.

Take hold
Now inhale deeply through your mouth and hold. This may feel uncomfortable at first, but it will pass after about 10-15 seconds.

Full-body scan
Busy your mind by mentally scanning your body. Begin at your toes and work up to your head, relaxing and releasing tension as you go.

Take a breath
When it feels tough, hold for a bit longer, then relax. Repeat, starting with the three-minute warm-up; it gets easier each time.


09





Surface Rising

09 PULL-UPS
Rising from 107m, Spain's Miguel Lozano is about to take his first breath for 4m 15s.

10 VITAL SIGNS
Safety divers watch for signs of distress from athletes as they reach the surface.

11 BREATHE EASY
It's common for competitors to inhale oxygen-rich air post-dive.

the circumstances, most people would be happy to be alive. But speaking to him later, Molchanov is clearly disappointed. The supremely confident, personable Russian has descended further than any of his rivals, yet will not add a third gold medal to his tally. He has been disqualified for blacking out. William Trubridge, next in the water, manages to keep his nerve – and his consciousness – to record a depth of 112m, winning the New Zealander the gold medal.

Trubridge had the mental edge today, but physically-speaking, all the top divers have reached new levels of athleticism. There was a time when the only training freedivers did was to dive. "To be a good diver you have to train your body to become like a marine mammal's. That means spending a lot of time in the water," explains Néry. "But today, we train like sportsmen. You can't just dive. You also have to work on your strength at the gym, on technique at the pool, to get your muscles used to working without oxygen."

Just as freedivers must limit the amount of oxygen used by their brains, so they must with their muscles, too. The stronger your muscles, the more efficiently they can use oxygen and the better they perform when starved of it. All this has led Néry to develop a freediving-specific resistance programme with his coach. "I'll do bench presses, deadlifts, all the exercises you need to build power – but crucially I do them on a breath-hold." It's important that not everyone tries this, he warns, as it could be dangerous for the inexperienced. "But it's helpful for us as freedivers because we work with our muscles on breath-hold all the time."

BRAVING NEW WORLDS

There is no denying the physical and mental strength of the competitors assembled on this floating sporting arena. Perhaps most impressive is that, for the most part, they are amateurs. The majority have taken time off work and paid large sums of money to fly to Cyprus to compete. And the reward? A gold medal for the winner, and the respect of his peers. Given the amount of training necessary to compete at this level, not to mention the ever-present threat of death by drowning, the burning question remains: why?

"In the water you are in a zero gravity world," says Néry, the romance palpable in his voice. "You reach a certain depth where the pressure squeezes your body and you can just let go as you sink down to the bottom of the ocean. At that point it feels like flying. It's magical. You enter another world, the colours change, it gets darker and darker. You feel this immense pressure engulfing your body. It feels like you're not on planet earth anymore."

It's this otherworldliness, says Néry, that drives freedivers to keep pushing their physical and mental limits, to go where only a handful of people have ever gone before. "It's the exploration spirit – a quest into the unknown," he says. "I started freediving when I was 14. I was swimming in the sea and I couldn't see the bottom, and I thought to myself, 'What's below?' It's human nature: we want to explore space, to reach Mars, to discover what's happening at the bottom of the ocean. This is our quest as freedivers: to understand our human capability to adapt to the underwater world."

WANT TO TAKE THE PLUNGE? VISIT BRITISHFREEDIVING.ORG TO FIND A CLUB NEAR YOU

49 Best Fitness Classes For Men In 2016

THE GYM IS DEAD. THIS IS THE ERA OF THE FITNESS CLASS: A PICK 'N' MIX OF SPECIALISED, PAY-AS-YOU-GO SESSIONS FOR MEN WHO WANT EVERY TRAINING DAY TO BE A NEW ADVENTURE. THIS IS OUR LIST OF FAVOURITES, DOWN TO THE PRECISE TIME AND TRAINER FOR THE BEST RETURN. NO FREE RUCKSACK, PLENTY OF FRESH GAINS

Photography by Sun Lee

01 First-Class Fitness

Team GB Pro Workout, Monday at 06:30 with James

From badminton to rugby, all sports are built on five physical disciplines: speed, agility, endurance, strength and power. This 40-minute session – offered nationwide – was devised by Team GB athletes and coaches to focus on all five. Train like a pro; be finished in time for work.
Fitness First, Poole
fitnessfirst.co.uk

02 Embrace The Dark Side

Kobudo, Monday at 20:30 with Chris

Darth Maul's acrobatic wielding of his double-bladed lightsaber in *Star Wars: The Phantom Menace* was inspired by ancient Japanese farmers, who used bo staffs to knock seven shades of shiatsu out of marauding samurai. This contact sparring class will teach you the basics of the martial art and test your athleticism, coordination and reflexes.
North London Budo, London
northlondonbudo.co.uk





05
Enlist In The Exercise Army

British Military Fitness, Saturday at 10:00 with David

Not one for the lone workout wolf, British Military Fitness prides itself on making people work in pairs and small teams during rounds of bodyweight circuits. Expect shuttle-run races and burpees aplenty, while getting exercise orders barked at you by former Royal Artilleryman David Burke – one of the country's most experienced BMF instructors.

Horsforth Hall Park, West Yorkshire britmilfit.com

03
Last The Whole Course

Freestyle Fitness OCT, Thursday at 19:00 with Dan

If you've signed up for an adventure race such as the *MH* Survival of the Fittest, your training begins here. Strength and conditioning meets obstacle prep, as you hoist, clamber and crawl your way around a Salford industrial estate.

Evolve, Salford evolvemanchester.com

04
Hit The Road Spinning

Cycle Touring, Sunday at various times

If you feel you're going nowhere fast during spin classes, trade your literal fixie for the open roads of South Wales. Routes and start times vary each week, but the one constant is the 25-miles-plus of sharp climbs, steep descents and striking views. Just don't forget a waterproof.

Cardiff cardiffctc.com

Just 10 weeks of weight training classes is enough to hike your metabolism by a hefty 7%, says *Current Sports Medicine Reports*

06
Find Your Inner Strongman

Caveman Training, Sunday at 17:00 with Adam

Don't be fooled by the caveman moniker – this class is actually based on classic strongman workouts. You know, the sort you might do if your name was Magnus, Hapfor, or Thor. Olympic lifts and powerlifting are mixed in with gymnastic movements, so next time it could be you dragging 18-wheelers down an Estonian runway on Channel 5.

Montrose Works, Stoke-on-Trent cavemantraining.info

07
Ride The Virtual Tour

The Sufferfest, Tuesday at 17:45 with Gemma

If you watched Chris Froome riding up Mont Ventoux during Le Tour last summer and wondered just how hard that could be, then this one's for you. Together with your spin studio peloton, you follow pre-set programmes that precisely mimic the climbs and sprints of 17 of the world's biggest races, while watching real-time footage that mirrors your efforts. Unsurprisingly, it's 'really hard.' Allez!
David Lloyd Leisure, Southampton davidlloyd.co.uk

09
Let The Force Be With You

Frame yoga, Sunday at 17:00 with Marcus

Yoga this is, but not as you know it. Marcus 'Darth' Veda's dynamic flowing vinyasa will leave you dripping sweat. His focus on breath feels odd at first but by the time his bespoke drum'n'bass mix eases off you'll wonder why you ever breathed differently.
London moveyourframe.com

10
Downward Dog With Real Bite

Broga, Tuesday at 19:45 with Ashley

Yoga. For bros. The concept might sound facile, but this low-key community centre class is yoga at its stripped-back finest. Less about spiritual awakening, more about awakening core strength and mobility.
Bristol City Yoga, Stokes Croft bristolcityyoga.co.uk

Changing up your workout every 14 days makes you more likely to keep it up, says the University of Florida

11
Join the Cirque du Swolé

Circus Fitness, Thursday at 18:00 with Seamus

There's no clowning around as you build the strength and flexibility needed for circus skills – executing a human flag on a dangling strand of silk requires a granite-hard core. You'll earn it the hard way, doing rope climbs and pull-ups on trapeze bars.
Aerial Edge, Glasgow aerialedge.co.uk

12
Put In Full-on Team Effort

HiPer Zone: Endurance, Wednesday at 19:30 with Adam

Think Cristiano Ronaldo goes to Bodypump? Of course not. This high-performance class apes pro training, using HR monitors to keep you and your 'teammates' within strength- and stamina-boosting zones. It's coached interval training, CR7-style.
Transition Zone, London transitionzone.co.uk

13
Be The Best, Bar None

Block Workout, Tuesday at 19:00 with Terroll

When Terroll Lewis left prison, the only place he could afford to work out was a climbing frame in the park. Thus began a calisthenics obsession that saw him build his own street gym. And many six-packs.
Brixton Street Gym, London blockworkout.co.uk



08
Knock Yourself Out

Fight Klub, Friday at 18:15 with Alex

The gloves might be on, but there's nothing clean about this bout. As the high-energy nightclub atmosphere pulses to dirty EDM beats, you'll be taken through Fight Klub's high-intensity mash-up of boxing, kickboxing and bodyweight exercises. Last the distance to land a body shot to your gut.
Everyone Active, Middlesbrough fightklub.co.uk

14
Get Ready To Run This Town

Street Fit, Wednesday at 17:30 with Joe

Turn the urban jungle into your fitness playground with this fun and challenging freerunning class. We can recommend our pre-class ritual, which entails watching the opening scene of *Casino Royale* on loop.

3Run Evolution Academy, Hampshire 3run.co.uk

15
Prepare To Go Completely Nuts

Insanity, Monday at 18:30 with Lucie

You could do Shaun T's wildly popular Insanity workout in your living room. Alternatively, you could burn up to 1000 calories by blasting through the high-intensity cardio and plyometric drills in a group setting with a certified instructor who won't let you get away with anything. Spare your carpet the sweat stains.

Fit Squad, Brighton fitsquaduk.com

16
Flexible Friend

Speedflex, Monday at 19:00 with Nicholas

At the heart of Speedflex are the eponymous machines that match your effort with relative resistance, creating a low-impact, high-intensity workout that also happens to magically sidestep DOMS. Forget gym ennui: you won't have time to be bored as you switch between fast-paced resistance, bodyweight and kettlebell exercises.

Speedflex, London speedflex.com

17
Mud, Guts And Gears

West Highland Wheelers, Wednesday at 18:30

Local mountain bike club West Highland Wheelers are always welcoming to newbies. Less welcoming are the trails around Britain's highest peak, Ben Nevis. Riders are split into two groups: those after a leisurely (but still challenging) jaunt, and those out to bust a gut on the muddy tracks.

Fort William, Scotland whwheelers.org



Exercise classes don't play dub step just for fun. According to Brunel University, music in the 120–140 beats per minute range ups endurance by 15%

18
Rage With The Machine

One Spa Kinesis, Tuesday at 07:30 with Murray

Geared for fluid, functional movements, Kinesis' iconic 'quad-modular' cable machines provide varying resistance in virtually any direction. Just don't go into this class expecting a casual stretch session – classes combine full-body strength training with a side of cardio for noticeable improvements in power, conditioning, range of motion and overall fitness.

One Spa, Edinburgh onespa.com

19
Get Fit Like The Zohan

Spartans Academy Krav Maga, Monday at 19:10 with Phil

Whether you want to learn some serious self-defence skills or are simply looking to mix up your fitness routine, this athletic form of hand-to-hand combat – the infamous martial art developed by the Israeli Defense Forces – doubles as an intense knee-to-nuts workout. The instructors use an internationally recognised grading system, so you can track your progress on your quest toward total badassery.

Spartans' Academy Of Krav Maga, York kravmaga-academy.co.uk





20
Start Pulling Your Weight

Gt30, Monday at 10:00 with Louise

Each 30-minute session will have you shifting your body into different positions that challenge your strength and muscular endurance, incorporating rapid bursts of full-body movement throughout that crank up your cardio and cultivate explosive power. The hardest thing to hit Sunderland since the closure of the shipyards.
DW Fitness, Sunderland
dwfitnessclubs.com

21
Turn Up And Slim Down

Fit Camp UK, Tuesday at 09:30 with Dave

For those just starting their fitness journey, Fit Camp UK offers unintimidating, non-military bootcamp classes that promise to burn 700-1000 calories per session. Including everything from jogging to kickboxing, the ever-changing workouts will keep rookies motivated.
Fit Camp UK, Tamworth, Staffordshire fitcampuk.co.uk

22
Short-Circuit Fat Burning

Antics, Thursday at 19:30 with Anthony

Antics is a new breed of workout class in which you'll make your way through a battery of bodyweight circuits and high-energy aerobic exercises. Banish images of crop tops and lycra shorts from your mind – this is a modern, man-appropriate session guided by renowned trainer Anthony Nyman and three-time Olympian Andy Turner.
Antics, Surrey
anticsfitness.com

23
Go Back To Nature

Forest Workout, Monday at 07:00 with John

The timber-panelled gym in this upscale country hotel offers a decent selection of classes, but none better than the primal forest workout. Strap on your trail shoes and take it outside, swapping kettlebells and sandbags for the ancient rocks and logs of the New Forest. Beards not included.
Limewood Hotel, Hampshire
limewoodhotel.co.uk

24
Psycle Out The Competition

Psycle, Wednesday at 07.30 with AD

Despite its (fair) reputation as a hotbed of lycra-clad, gazelle-limbed fitties, this is no place to go for a hook-up. Firstly, you sweat. Profusely. Secondly, AD's class is an intense, full-body workout that will challenge any preconception you might have of spinning. There is no better way to start your day.
Psycle psyclelondon.com

25
Build Your Body On Sand

Stacked, Saturday at 12:15 with Hugo

If heavy-metal sessions aren't delivering the fat-shredding results you want, try a new material. This unique class combines sandbell drills with explosive bodyweight moves, performed in 30-second bursts. Exercises are grouped in 'stacks' – though we're pretty sure that's not the only reason this class is so-named.
Equinox, London
equinox.com

26
Punch Your Weight

Wake Up, Wednesday at 07:00 with Pete

Bridging the gap between 'girly' Boxercise and actual boxing, this class offers high-intensity, non-contact training in a converted car park in Ladbroke Grove. Hour-long sessions run by a pro boxing coach blend cardio and plyometrics with bag work and shadow boxing.
Box Clever Sports, London
boxcleversports.com

27
Take It Back To Basics

Calisthenics, Monday at 18:30 with Lee

If you're minded to take your calisthenics indoors,this will safely build up your skill set, and sculpt you a lean physique on the way. Expect a sparse setup with no mirrors; you're here to work, not pose.
Motus Strength, London
motusstrength.com

Just half an hour on the climbing wall can burn up to 400 calories, Harvard Medical School reported. A rock-solid stat



WITH THANKS TO HIGH-SPORTS.CO.UK



28
Climb Your Way To Rock-Hard Muscle

Climbing Wall, Monday at 18:30 with Alex

Improve your gym lifts by taking your grip strength to another level (literally – this swanky health club's climbing wall spans two floors). An instructor will teach you the basics as you develop the technique to scale a climbing wall using (and building) full-body strength and stability. Take a pal or go solo.
Theclubandspa, Birmingham theclubandspa birmingham.co.uk

29
Beast Your Body Into Fierce Shape

Zuu, Thursday at 18:45 with Jamie

For wild results, take your cue from the animal kingdom. This class combines HIIT with primal movement patterns – crawling, lunging, twisting and squatting – to blast 300 calories in just 20 minutes. These out-there exercises will also strengthen joints and tendons, injury-proofing your body for your return to the squat rack. Expect bear gains.
Virgin Active, Belfast virginactive.co.uk

30
Pound Your City's Pavements

Nike+ Run Club, Tuesday at 18:15

One for those who struggle to self-motivate. Or who just enjoy running's social side. On Tuesdays #WeRunLiv splits into groups, rotating through interval sessions, hill sprints, fartlek and tempo runs. There's a secure bag-drop too, so you won't have to bring your kit along.
Nike Store, Liverpool nike.com

31
Compound Benefits

The Compound, Thursday at 18:00 with Anton

A dedicated street workout facility, The Compound is a series of stations for pull-ups, planches and flags. Memberships isn't necessary; just turn up and hop on the bar. Thursday's coached class lasts an hour and 15 minutes, costs £5 and is infinitely more worthwhile (and Instagram-worthy) than anything going on at the local leisure centre.
The Compound, Corby thecompound.co.uk



Pedal-powered fat-burning. The American Council On Exercise says spin classes keep you at 75-95% of your max heart rate

32
If You Go Down To The Woods Today

Delamere Outdoor Fitness, Friday at 18:15 with Claire

Sure, you could sign up to a HIIT class in your local town-centre sweatbox; or you could get a bit mucky while burning just as many calories, with cool, fresh air to sweeten the deal. After all, research says that getting a sweat on outside is 50% better for your mental health than indoor training.
Delamere Forest, Cheshire delamereoutdoorfitness.co.uk

33
Swim With The Fishes

Open-water Training, Thursday at 18:15 with Emma

The Lakes are the natural home of outdoor adventure in England and the perfect place to kick-start triathlon prep. Windermere's crystal-clear waters – ringed by some of the UK's highest peaks – are stunning and the open-water currents mean no session is ever the same.
Lake Windermere, The Lake District activeblu.co.uk

34
To Fell And Back Again

Warts Run, Wednesday at 18:50

Train like the elite atop the peaks that built triathlon champions Alistair and Jonathan Brownlee. Big hills breed tough runners, and you can expect to be put through your paces by the native Dark Peak crew. Trudging over pathless moorland for two hours at a time isn't an experience for beginners.
Dark Peak Fell Runners, Sheffield dpfr.org.uk

35
Learn To Lift Like A Heavyweight

Olympic Lifting, Friday at 19:00 with Sally

Olympic lifting is a sure way of packing on muscle, but if you don't nail the technique before trying to clean, you're just another jerk who injured himself. This starter's class offers expert advice.
Strength Ambassadors, London
strengthambassadors.com

36
Reach Your Peak Fitness Level

Fuel, Tuesday at 18:15 with Richard

This high-octane interval class foregoes weights in favour of sprints, battle ropes and bodyweight AMRAP. It makes for a demanding workout with a guaranteed post-session buzz.
Reach, London r4reach.com

Good news for cardio-dodgers: you can enjoy the BP-controlling benefits with one 60-minute class a week, say Tokyo researchers

37
Olympic Cycle

Wattbike, Monday at 18:00 with Gary Hince

Want to follow in the tyre tracks of Sir Bradley Wiggins? In most spin classes the level on your resistance wheel is a hazy secret, but Wattbikes give you real-time data about your power output so you can truly judge your application. It's the attention to detail you'd expect from a class at the proving ground of Britain's cycling elite.
National Cycling Centre, Manchester
nationalcyclingcentre.com

38
Resistance Movement

Groupfit, Tuesday at 20:00 with Jack

Classes of no more than eight mean that you'll get quality coaching over the course of this six-week course. There are no gimmicks or fads at this high-end, high-spec London gym – just a tight focus on perfecting the basics of resistance training. Go forth and multiply your gains.
Six3Nine, Covent Garden, London six3nine.com

39
Let It All Hang Out

FKPro, Monday at 20:00 with Andrew

This class's namesake system – suspension units that allow you to control the difficulty of each exercise just by shifting body position – harnesses the age-old combo of bodyweight plus gravity. Your muscles will feel stressed, in the best way.
Breeze's, Aberdare, Wales
breezesgym.co.uk



40
Head For The Top Of The HIIT Parade

HIIT Training, Thursday at 20:00 with Ildi

Can this former church hall in West London really house one of the capital's finest HIIT sessions? Looks can be deceptive. Take Ildi – she seems sweet, but she'll beast you through 1000 calories' worth of TRX, bodyweight, and free-weight exercises.
West4, Chiswick, London
west4gym.co.uk

41
Practise Your Hill Starts

Hill Fit, Monday at 18:30 with Joe

Sprints, thigh-burning inclines and intermittent strength exercises, all with the fresh air of the Welsh hills to keep you gassed. Local boy Joe's mixed ability sessions aren't the most demanding, but the setting still takes your breath away.
Out-Fit, Denbighshire, Wales
out-fit.co.uk

42
Hike Up Your Fitness

Trails Of The South Hams, Thursday at 18:15 with Ceri

If you don't have the local knowledge or navigational skills to explore Dartmoor alone, join this weekly cruise over the South Hams' moors and tors. There's no better guide to trail running than former UK Endurance Squad member, Ceri Rees.
Totnes, Devon
wildrunning.co.uk

43
Dive In At The Deep End

Open Water Swimming, Tuesday at 18:30 with Robert

Plunging into open water has natural benefits – Czech scientists found that the shock of the cold forces your body to produce more white blood cells, boosting immunity – but Vigour Events take it up a level. Identification chips allow the trainers to track your movements for more accurate feedback on your technique.
Pilmour Quarry, Glasgow
vigourevents.com

44
Positive Mental Attitude

Barry's Bootcamp, Friday at 19:50 with Faisal

Scientifically speaking, the full-bore treadmill sprints and interval resistance training of Barry's classes amp up your calorie burn and build fast muscle for a leaner body. But in the 'real world', the late class taken by the irrepressibly positive Faisal will leave you unmistakably pumped as you head out on the town on Friday night.
Central London
barrysbootcamp.com

45 Vive La Resistance

Resistance, Thursday at 07:15 with Gilles

Don't let the polished concrete floors or some of the smartest gym showers this side of New York dazzle you – this is suspension training at its most efficient, and Gilles Souteyrand (also a model and calisthenics expert for good measure) will make you hurt the good hurt in all sorts of new places. The showers help, afterwards.

Core Collective, London
core-collective.co.uk

You'll cut inches from your waist faster in a class. German research has found that people exercise harder when part of a group

46 Here Comes The Boom

Boom Cycle, Friday at 07:30 with Naomi

From the low lighting and thumping hip-hop to the array of inexplicably attractive people, you'd think you'd just walked into an exclusive Balearic VIP lounge if not for the cleats on your feet and the saddle under your very-soon-to-be-demolished glutes. Instructor Naomi – think Ariana Grande on a bike – will grind 700 calories out of you in just 45 minutes.

Boom Cycle, London
boomcycle.co.uk

47 Stretch Your Limits

Stretch, Saturday at 12:30 with Adam

Boxer-turned-yogi Adam Husler may have a man-bun, but he's far from worthy. His classes at the refreshingly unpretentious East London yoga studio focus on strength and are suitable for any level of practitioner, so you won't feel like a chump if you can't do a lotus headstand.

Broadway Market, London
stretch-london.com

48 Get Hardcore With Your Training

Dynamic Pilates, Thursday at 19:00 with Tony

Don't turn your nose up at the P-word: this is no yummy mummy relaxation clinic. Gym bros and elite athletes alike use Pilates to mobilise and strengthen their abs, and this advanced-level session at one of London's most prestigious gyms is definitely not soft-core. (Have fun reaching for your alarm the next morning.) Pilates' posture-improving benefits mean you'll leave the gym walking taller too.

The Third Space Soho, London thethirdspace.com

49 Run For Your Park Life

Parkrun, Saturday at 09:00

Replicate race-day conditions at this weekly timed run. Of the hundreds of Parkrun events around the country every Saturday, this 5K circuit through the grounds of the majestic Sewerby Hall and along the clifftops of the mardy Yorkshire coast is the most spectacular by a country mile. Or 3.1 miles, to be precise.

Sewerby, North Yorkshire
parkrun.org.uk



LIFE IN THE FAST LANE

NEW RESEARCH SUGGESTS THAT THE SECRET TO A LONGER-LASTING LIFE, FREE OF ILLNESS AND DISEASE, IS TO RESTRICT THE AMOUNT YOU EAT TO, WELL, ALMOST NOTHING. MH TALKS TO THE MAVERICKS WHO BELIEVE WE SHOULD ALL BE RUNNING ON EMPTY AND, CRUCIALLY, HAVE THE SCIENCE TO BACK IT UP

WORDS BY MARK BAILEY – PHOTOGRAPHY BY SUN LEE


COULD CUTTING YOUR
DIET SHAVE YOUR
RISK OF DISEASE?

The hunger wall was always going to be there. Perhaps I'd just underestimated how hard it might hit. Today, Day three of my self-imposed abstinence, I have a pounding, famine-induced headache. This is the direct result of having slashed my food intake from 2500 calories per day (the male norm) to just 725, comprising a meagre buffet of soup, kale crackers and some other hobbit-sized snacks. I decide to go for a walk to help clear the tightness but within minutes realise my error as I pass a newsagent, the window glistening with multicoloured packets of crisps and large terraces of confectionery. The misery is compounded when I reflect that my next meal – a solitary nut bar – is hours away. Cowed and defeated, I shuffle back to the relative safety of my sofa and curl back up in a state of semi-hibernation. At least, I console myself, there's a chance I'll live to 100.

You're probably familiar with the idea, not always concrete, that fasting precipitates good health. Maybe you've been tempted to give the 5:2 Diet a go, with its promise of rapid, sustainable weightloss by means of two 600-calorie days per week. Perhaps you've flirted with the idea of a juice 'cleanse', probably – implausibly – based on the premise that you can 'detoxify' your body by ingesting liquified kale leaves. This is a world in which pseudoscience and quackery abounds. And yet now hard, empirical science has come to fasting's side. And not only that, the benefits could be more powerful than anyone had previously dared imagine.

Game-changing new research has proven that short diets that mimic the act of fasting can trigger powerful natural healing and regenerative processes lying dormant in our bodies. Processes that not only burn fat but also fight heart disease, slow ageing, lower cholesterol, reboot the immune system and extend lifespan. It doesn't stop there: the most recent studies have shown that fasting can kill forms of human cancer in mice and enhance the effects of chemotherapy. In some trials, fasting *itself* proved as effective as chemotherapy. In short, science is telling us that going hungry could prevent and treat some of the biggest killers of men.

FAST WORK

The man behind this research and the structured, prescriptive diet that I'm following is Dr Valter Longo. A professor of gerontology at the University of Southern California, he embarked upon this line of inquiry when he first noticed that yeast cells – simple organisms that predate humans by millions of years – respond to periods of fasting by protecting cells and fighting toxins. Yeast that had been fed a low-calorie diet, Longo discovered, lived up to 10 times longer than the control group.

In some trials, fasting *itself* proved as effective as chemotherapy

Longo's latest findings show that humans have similar self-healing mechanisms buried deep in our DNA and that periodically fasting on low-calorie diets has a wholesale regenerative effect on the body.

Some of the reasons behind this are understood; others remain a mystery. It is believed that fasting kills cancer cells by starving them of glycogen (on which they depend for fuel more than regular cells), thus tricking them into releasing damaging free radicals that spark 'cellular suicide.' But fasting's more general healing powers derive from a different mechanism. Longo has shown that fasting triggers the creation of new stem cells, which repair the body by regenerating tissues, organs and blood, and re-booting the immune system.

It sounds too good to be true, I tell Longo when I call him at his California lab. "Well, the regeneration that fasting triggers *is* remarkable," he says. "During abstention, organs like the liver, as well as the entire immune system, shrink because they are deemed less necessary. When the body rebuilds these systems, however, it activates the release of healthy stem cells which regenerate newer, younger, more functional versions."

It's akin to pressing the reset button on your body's operating system, he says. "The rebuilding is so massive it's probably the closest humans can get to the original embryogenesis process – the growth of an embryo during weeks one to eight of human development", he reveals. "This is not just a proliferation of new cells but a very coordinated one. It is an evolved programme that has been around for billions of years because organisms starved all the time." For the earliest Homo sapiens, devoid of Smeg fridges and Tesco, periods of feast and famine were the norm. All we need to do, maintains Longo, is rediscover this primitive state of being.

THE HUNGER GAMES

There's a catch. It's not merely a case of not eating for five days. You have to severely restrict calories, yes, but Longo's research shows that those you do eat must have the right balance of nutrients to trigger a natural process called autophagy, which encourages your body to cannibalise waste cell debris. Think of it as your own natural recycling process, removing damaged cells that could cause disease or ill health. Crucially, autophagy also shuts down the enzyme PKA – the absence of which has been linked to extended lifespan and the proliferation of healthy



The Fast And The Spurious

NOT ALL CALORIE RESTRICTION DIETS ARE CREATED EQUAL. LEARN TO TELL THE LIFE-SAVING PLANS FROM THE EMPTY PROMISES

5:2 DIET

What? Eat normally for five days each week but cut down to 600 calories for two (not necessarily consecutive) days. **Worth it?** The *International Journal of Obesity* proved you could lose 6.4kg in six months, but the Uni of Bath says you could catch 20% more infections. It's a short-term fix, not lifelong philosophy.

JUICE DIET

What? Glug only liquefied fruit and veg for seven days. **Worth it?** The calorie restriction alone will trigger weightloss, while researchers in Germany say juicing lowers cholesterol. But critics argue that you lose water and muscle, not body fat, plus it can rot your teeth. Stick to solids.

CALORIE RESTRICTION

What? Cut your daily calorie intake by 25% for a set time – often about three months. **Worth it?** You can lose weight and lower your risk of heart disease, found a study from Washington University in St Louis. But 71% of restrictors pile the weight back on after stopping. Try increasing your workouts instead.

FASTING-MIMICKING DIET

What? Eat 1090 calories on day one, then 725 calories on days two to five, once every few months. **Worth it?** The Uni of Southern California proved it can aid fat loss and fight cancer, but dissenters say it slows metabolism. It could still have life-lengthening benefits.

EVERY-OTHER-DAY DIET

What? Alternate 'feast days' (eating whatever you want, basically) with 500-calorie 'fasting days'. **Worth it?** While proponents claim you can lose up to 13kg in eight weeks, it will wreck your ability to exercise regularly at high intensity. Again, this is a quick fix but bad news for body maintenance.

FOOD STYLIST: LUCY-RUTH HATHAWAY

stem cells – and decreases the hormone IGF-1, which is associated with ageing and cancer risk.

Longo's findings could well enrich our lives, but not before they enrich the coffers of L-Nutra, a specially established spin-off company of the University of Southern California. Together with L-Nutra, Professor Longo has developed ProLon: the pre-packaged, off the (pharmacist's) shelf Fasting Mimicking and Enhancing Diet (FMED). This five-day menu of all-natural soups, nut bars and snacks provides enough calories to minimise cravings (at least theoretically) without jeopardising the miracles apparently brought about by abstinence.

ProLon works by cheating your body into thinking you're literally starving, even though you're just hungry. Day one is 1090 calories (10% protein, 56% fat, 34% carbs), with days two to five dropping to 725 calories (9% protein, 44% fat and 47% carbs). "The first priority when designing the food was that it had to mimic fasting," explains Longo. "The food is 20 years of painstaking work: removing, adding, substituting. If I add that ingredient, will it interfere with the PKA effect? Will this one affect the IGF-1 changes? Hunger is also an issue so we tried to make people feel relatively full."

Human trials of ProLon are ongoing, but L-Nutra expects to be able to launch the FMED kits imminently, priced at around £150 for a five-day pack. The healthier among us will be advised to undergo a course of FMED every four months or so, while obese people might benefit from a monthly cycle.

In the name of science, journalism and a little bit of weight management thrown in, I ask Professor Longo to send me a five-day course of ProLon. A mere 48 hours later I am tucking into the contents of my first little white box. The packets within look like space food but taste better than expected. The minestrone soup is watery yet filling, and the choco-crisp bar a surprising treat. Another pack contains olives, which I hate, so I throw them away. I am evidently not starving.

Day two is a different matter. Hunger haunts me all day. I eat my soup with a teaspoon to make it feel more substantial. It doesn't work. I want to stop but Longo's words echo around my head: "The regeneration of cells and the autophagy only start in days three, four and five," he says. "That's when you push the system to an extreme and back."



My trip to the newsagent on Day three almost derails my efforts entirely. When, by the evening, my symptoms have still not subsided, I decide to contact Longo again. What I am experiencing is not only natural but beneficial, I am assured. Our brains are energy-sapping organs that normally run on 100% glucose. But while fasting, our livers produces the ketone body B-hydroxybutyrate, a kind of emergency energy source for the mind, saving energy derived from fat and muscle for other organs. "At this stage in the fast your brain switches to the ketone body utilisation mode, possibly for the first time in your life," says Longo. "This can cause a mild headache." I mention my own brain feels like it's at the business end of a pneumatic drill, but this is batted away with yet more good news: studies have shown that ketones fight inflammation associated with type 2 diabetes, MS and Alzheimer's. To the converted, there is apparently no end to fasting's list of fortunes.

A PORTION OF CAUTION

Not everyone is similarly convinced, however. Professor Kieran Clarke, from University of Oxford's Department of Physiology, Anatomy and Genetics, thinks fasting could be a smokescreen for the real message. "A lot of the benefits [of fasting] relate to extending life, and it's possible, but we don't know if it's the fasting *per se* that achieves that", he says. "It could just be related to the benefits of helping people reach normal bodyweight. If you look at the records, healthy people invariably do not fast."

Dr Tim Woodman, medical director at Bupa UK, goes further. He believes that fasting could actually have reverse health effects. "Losing weight too quickly means that you also tend to lose muscle and water," he says. "As a result, your body starts to work more slowly and needs fewer calories to function. So when you resume eating normally, the extra calories will be stored as fat."

One of the most vocal opponents to fasting being seen as a magic bullet is Dr Joel Fuhrman, author of *The End of Dieting* and *Super Immunity*. Fuhrman is the man behind so-called 'nutritarianism', the theory that the key to longevity lies in maximising the number of micronutrients per calorie consumed. Fasting, he holds, is a mere distraction. "The modern diet is so nutrient-poor that to discuss fasting without framing it within a normal diet is inappropriate. Our diets are too deficient in micronutrients, phytochemicals and antioxidants to maintain normal immune system function."

Losing weight too quickly means losing muscle – your body slows down

If you want to live longer and healthier, says Fuhrman, forget fasting: just eat raw greens; a 30g portion of walnuts; chia seeds and flax seeds; a dish containing mushrooms, beans and onions; plus three portions of fruit – like cherries, plums and oranges – every single day. "A nutritarian diet is the most effective way to not get heart disease, cancer or dementia, and to push the envelope of human longevity closer to 100 years old", he says.

Oh, and ditch the meat. The real impediment to our lifespan, claims Fuhrman, is animal protein. It may be essential for building muscle, burning fat, maintaining a healthy metabolism and supplying a range of important vitamins, but in Fuhrman's eyes it ultimately does your immune system no favours. "Huge studies following people for 15-24 years prove that eating more animal products causes cancer, heart disease and shorter lifespans," he says. "There is no controversy here. All nutritional scientists agree." Indeed, the World Health Organisation has very recently added red and processed meats to its list of carcinogens. These studies are not new – some date back to 2010 – but such is our cultural fascination with increasing our protein intake that we've just been ignoring them.

"I advocate up to 10% of your diet from animal products, with the other 90% from plants," says Fuhrman. A few days of fasting won't help unless you change you regular diet, too. "Animal protein elevates IGF-1, which speeds up the aging process and negatively affects lifespan. Yes, calorific restriction might briefly restrict IGF-1, but if you then eat a lot of animal products after, it won't actually drop. If you both restrict animal protein *and* eat a more vegan diet, however, you get the benefits of fasting without actually having to fast."

How much bite do you get for your buck?

IF YOU WANT TO TRIAL THE PROLON DIET, THIS IS WHAT FIVE DAYS' RATIONS LOOK LIKE

DAY 1
1090 CALORIES



DAY 2
725 CALORIES



DAY 3
725 CALORIES



DAY 4
725 CALORIES



DAY 5
725 CALORIES



CHANGING GEAR

To eat or not to eat? It would have been naive to expect a clear-cut consensus on such a radical concept. But the arguments made by Fuhrman and Longo aren't too dissimilar. Fuhrman acknowledges that fasting is effective; he just takes issue with best practice when temporary abstainers start eating again. And in spite of cases made by critics of fasting, the research into its potential is still compelling. An extensive review in *Research in Complementary Medicine* concluded that there was "large empirical and observational evidence" that medically supervised modified fasting combats high blood pressure, diabetes and obesity. This is simply too significant to ignore.

"We're never going to say that fasting is so effective that it means people can smoke and eat badly as soon as they stop," says Professor Longo. "The fact is if somebody has a vegan, low-protein diet, a BMI of 23, and regularly exercises, then they will benefit from fasting, just not as much as someone who is unhealthy."

Following an undeniably difficult midpoint, day four of my own experiment is something of an epiphany. I experience a surge of mental energy owing, I am told, to an increase in the levels of noradrenaline and dopamine in my brain. "On the first two to three days of your fast you tend to sleep a lot," explains Raimund Wilhelmi of the famous German fasting clinic Buchinger Wilhelmi. "Then, like a phoenix, you rise, and after four or five days you feel very positive."

Unfortunately my final rise is less phoenix-like, more vodbull hangover. Day five is tough. With mixed feelings I note that I have lost 1.7kg in just five days – not the main purpose of the fast, but also not insignificant. On day six, with the fast finally over, the Toffee Crisps I've been fantasising about are back on the menu, but my cravings have faded. My appetite has changed, as has my appreciation of portions and flavours. What I can say with some conviction is that fasting will rewire your mind.

There is yet some way to go. Professor Longo believes we are only just beginning to understand the potential power of fasting. "Think about this," he says. "If you are a 50-year-old man, you have a new child, and that baby is born perfect, it proves your cells know exactly how to build perfection again. How do they know? And is it possible that this can be done within an organism itself, without having to generate a new one?" Longo sounds excited, verging on giddy. "That is what we are chasing here."

Calorie Counting

THERE'S SO MUCH MORE TO FOOD THAN CALORIES, BUT IF YOU ARE PLANNING YOUR INTAKE AROUND ITS ENERGY VALUES, YOU NEED TO KNOW WHAT A CALORIE LOOKS LIKE. EACH OF THESE STACKS REPRESENTS 50 CALORIES – PILE ONTO YOUR PLATE ACCORDINGLY



ADDITIONAL PHOTOGRAPHY: HEARST STUDIOS | FOOD STYLIST: TAMARA VOS


BEEF MINCE
24G
CHICKEN
45G
SAUSAGE
21G
SIRLOIN
30G
SALMON
28G
BACON
29G
BANANA
56G
MAYONNAISE
7G
PEANUT BUTTER
17G
CUCUMBER
420G
BLUEBERRIES
87G
AVOCADO
31G
STRAWBERRIES
155G
RED PEPPER
160G
APPLE
71G
CRISPS
9G
JAFFA CAKE
13G
FLAPJACK
10G
SNICKERS
11G
MUSHROOMS
351G
POTATO
59G
WEETABIX
13G
SOURDOUGH
22G
SPINACH
216G
KALE
103G



HOME RUN

AFTER MONTHS OF HARD TRAINING WITH THE SUPPORT OF THE ALL-NEW RENAULT KADJAR, OUR TEAM IS READY FOR THEIR FINAL CHALLENGE

Take 10km of variable terrain through, out and around the centre of Manchester. Add 50+ obstacles that push your body to the point of breaking, then throw in some ice-cold water, a whole lot of mud and 3,500 athletes sporting determined, almost maniacal smiles on their faces.

That is the spirit of the *Men's Health* Survival of The Fittest series, and our Manchester race saw three regular men battle busy family lives and hectic careers to regain their fitness for the biggest adventure of their lives.

But they didn't do it alone: with the support of the Survival of The Fittest headline sponsor, the All-New Renault Kadjar, our men have logged the miles of training and hours of workouts that got them to the start line together, with nothing left to beat apart from the course itself. This is how they survived. Next year, it's your turn.



HUGO, 35
THE SPEEDSTER

"I've been running most mornings, so it was more the physical trials of the obstacles I was slightly wary of. But the variety of tests on the Manchester course meant everyone could find what their strengths really were and use it to their advantage. For me, my balance across the increasingly slippery beams after nearly 8km of racing was a pleasant surprise. As was my burst of speed going up the Travellator!"





GILES, 35
TEAM PLAYER

"When I made it through Survival of the Fittest I felt good. It was tough and the rain certainly didn't help, especially on the balance beams and overhead obstacles, where the moment you lost your grip you were off. But I felt strong over the distance and enjoyed every kilometre. Most of all, I'm really proud that we took it on together and finished as a team. That's what challenges are really about, after all."



ANGUS, 41
NET WORK

"I was always going to be better on the obstacles than the running, and the Etihad stadium stairs proved that. The guys kept me going, though. They got me through those middle miles and the dunks in the drink were actually really refreshing. Getting over obstacles like the cargo net and the wall of fame was no problem in the end and crossing the line together with the others was great."

TECHNICAL ADVANTAGE

Being able to adapt to the testing terrain of SOTF was integral to our mens' success. Sponsoring Survival, The All-New Renault Kadjar boasts intuitive driving aids to help you, so the only challenge is where you're going next

01 HANDS-FREE PARKING
Makes tight spots easy. The system assesses the parking space and works out your line of approach, taking full control of the steering wheel while you keep control of the clutch and brake.

02 TRAFFIC SIGN RECOGNITION
Road sign data is captured by the camera and transferred to your dashboard, which offers the option of adjusting the speed limiter to suit.

03 BLIND SPOT WARNING
If a vehicle moves into your blind spot, a light signals on your front left or right door mirror as a warning.

04 ACTIVE EMERGENCY BRAKING
Applies moderate braking when there is a risk of collision with the vehicle in front of you, while visual and sound alerts warn the driver.

05 LANE DEPARTURE WARNING
At speeds in excess of 45mph, this early warning system alerts you if the vehicle unintentionally crosses a continuous or broken road lane marking.

ALL THE ABOVE FEATURES ARE OPTIONAL.

PHOTO FINISH



TO FIND OUT MORE ABOUT THE ALL-NEW RENAULT KADJAR, VISIT RENAULT.CO.UK/KADJAR

RENAULT

The official fuel consumption figures in mpg (1/100km) for the All-New Renault Kadjar Dynamique S Nav dCi 130 are: Urban 56.5 (5); Extra Urban 72.4 (3.9); Combined 65.7 (4.3). The official CO_2 emissions are 113g/km. EU Directive and Regulation 692/2008 test environment figures. Fuel consumption and CO_2 may vary with driving styles, road conditions and other factors.



THE NEXT WAVE OF SURVIVORS

SURVIVAL OF THE FITTEST IS BACK IN 2016, SIGN UP NOW TO SECURE EARLY BIRD PRICES

FOR MORE INFORMATION, VISIT MHSURVIVAL.CO.UK

55:33

EDINBURGH RECORD

16 year old Joshua Arthur set a new course record in Edinburgh's 2015 Survival of the Fittest, this is the time to beat in 2016

436

TONS OF SCAFFOLDING

2015 saw some of our biggest obstacles yet. Creating these obstacles was no mean task and required a serious amount of metal

20

MILLION+

The number of calories burned by all competitors during the 2015 Survival series. Expect even more brutal obstacles in 2016!



Men's Health SURVIVAL OF THE FITTEST RENAULT
POWERED BY ALL-NEW RENAULT KADJAR

THE NEW ONES

Every year Survival of the Fittest evolves, looking to get bigger and better. And 2015 was no exception. In a homage to the 90's TV show *Gladiators,* we challenged Survivors to take on a travellator that left some of them flat on their faces. The New Balance Big Rig addition had Survivors hanging on for dear life – or falling with a splash.



MOUNT KADJAR TRAVELLATOR



NEW BALANCE BIG RIG

RENAULT new balance RAT RACE @MH_SURVIVAL FACEBOOK.COM/MHSURVIVAL

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A BETTER YOU

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DYNAPRO™ LEAN 1.2KG
Advanced whey protein blend

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Weight management

TOTAL MULTIVIT SPORT 100 TABLETS
Multi vitamin and mineral

ALCAR 90 CAPS
Diet support

SHAKER BOTTLE
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TOTAL ULTRABURN 120 CAPS
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PERSONAL TRAINER

Because fit is the new rich

EDITED BY DAVID MORTON



FIVE DAYS' FUEL IN ONE BIG FIX
P/121



TAKE THE BATTLE TO FAT
P/114



HOME IMPROVEMENTS
P/122

LIFT FOR VICTORY
P/117



LOW WHISK GAINS
P/113



PYRAMID SCHEME WEIGHTLOSS
P/118



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WITH THE GOLD STANDARD OF SPORTS NUTRITION



OPTIMUM NUTRITION
GOLD STANDARD

POWER SAUCE #11

OIL UP YOUR IMMUNE SYSTEM

Add continental flavour to your lunches and subtract coughs and flu with our immunity-boosting aioli

HOW TO MAKE IT

MASH a clove of garlic and a pinch of salt with a pestle to make a paste

BLITZ with ½ cup of light mayo, 1tbsp lemon juice and 2tbsp fresh coriander

CHILL in the fridge for 30min under cling film. It will last for a few days

GARLIC



SLAY COUGHS FOR GOOD

Allicin, a healthy compound that's released when garlic is crushed, protects against bacterial and viral infections, and works as an antibiotic. Potent *and* pungent.

CORIANDER



LEAF WINTER BUGS BEHIND

This herb's anti-histamine properties help crush allergies. It also contains dodecenal, which battles any unpleasant foodborne illness.

LEMON JUICE



USE NATURE'S OWN LEMSIP

Lemon juice is soaked through with immunity-upping vitamin C, but also helps flush out toxins to keep you citrus-fresh over the indulgent festive months.

MICROWAVE MUSCLE #10

LOW WHISK REWARDS

Beat the lunchtime Pret scramble with our muscle-fuelling omelette. Oozing with 29g of protein, it'll whip you into shape in 5min flat



YOU WILL NEED...

- Eggs, 3
- Salt & pepper
- Olive oil spray
- Lean ham, 2 slices
- Tomato, ½
- Rocket, large handful
- Parmesan, 1tbsp, grated

TIME TO MAKE
5MIN

PROTEIN
29G

CALORIES
263

CARBS
13G



0-2 MIN

Chop the ham and tomato at home and pack them in Tupperware. Whisk three eggs with salt and pepper and pour into a separate container to store in the office fridge – taking in whole eggs can only ever end in laptop disaster.



2-3.5 MIN

In the office kitchen, pour the egg mix into both sides of a microwavable omelette maker (Kitchen Craft Omelette Maker £2.25 amazon.co.uk) coated in olive oil spray. Keeping the lid open, blast on high power for 1min.



3.5-5 MIN

With the mix almost set but still moist, add the ham and tomato and close the lid. Nuke for 1min or until no uncooked liquid remains. Slide the omelette onto a plate, sprinkle with parmesan and rocket, and crack on.

WORDS: MARK BAILEY | PHOTOGRAPHY: DAN MATTHEWS | FOOD STYLIST: NATALIE THOMSON

1 BIT OF KIT, 10 WAYS #08

BATTLE FAT AND ROPE IN NEW MUSCLE

Battle ropes can deliver a long string of benefits. Their weight helps develop size and strength, while the dynamic resistance makes for serious definition: rope drills can cull 335kcal in 30 minutes*. Anchor them to a kettlebell or a squat rack, and strap yourself in twice a week

01 ONE-ARM ALTERNATE WAVE

3 SETS OF 30SEC, 30SEC REST

With the ropes in each hand, adopt a wide stance and bend your knees. Pump the left-hand rope up and the right one down (**A**), then reverse (**B**), aiming for fluid waves in both. The secret? Grip lightly.



02 SHOULDER CIRCLE

3 SETS OF 30SEC, 30SEC REST

Hone a swimmer's V-shaped torso by adopting the same start position as for the previous move, but this time simultaneously raise each arm up (**A**) and outward (**B**) in two large circles.



03 JUMP POWER SLAM

3 SETS OF 30SEC, 30SEC REST

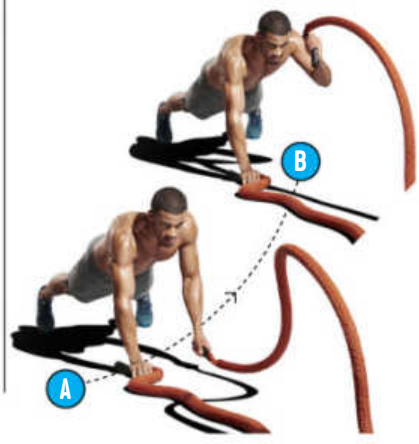
While you're still fresh, ramp up your plyometric power by holding the ropes in each hand, jumping explosively off the floor until the ropes are above your head (**A**), then slamming them back down (**B**).



04 ONE-ARM PLANK WAVE

3 SETS OF 30SEC, 30SEC REST

To work your biceps, triceps and abs, from a plank position, pump your right hand up (**A**) and down (**B**) for 15sec. Repeat with the other hand for a further 15sec. Keep your core and back engaged throughout.





BATTLE GAMES

Choose your rope's weight and length and enjoy a full-body workout – no strings attached. **From £49 outdoor xscape.co.uk**

*JOURNAL OF STRENGTH AND CONDITIONING RESEARCH

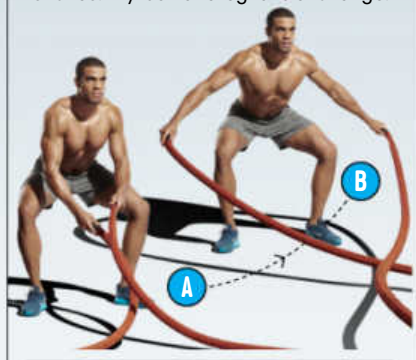


STRING THEORY: A SMART METHOD FOR BIG RESULTS

05 SNAKE

3 SETS OF 30SEC, 30SEC REST

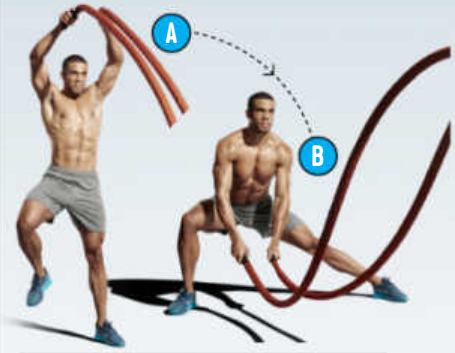
Using your shoulders, not your elbows, move both hands wide apart (**A**), then back together (**B**), so the ropes slither like snakes. Try it on one leg for a challenge.



06 SIDE LUNGE SLAM

3 SETS OF 30SEC, 30SEC REST

Holding them slack, turn perpendicular to the ropes and raise them up high (**A**). Now powerfully slam them to the left, ending in a lateral lunge (**B**). Repeat on other side.



07 SIDEWINDER

3 SETS OF 30SEC, 30SEC REST

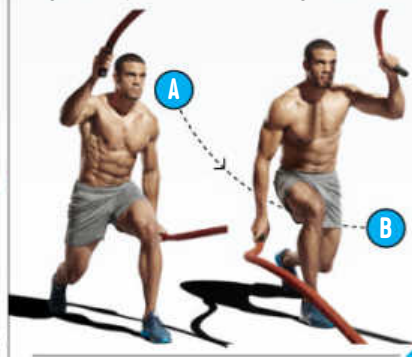
Keeping the ropes parallel, whip both across to your right (**A**), then sharply back to your left (**B**). Flex your knees and keep a wide stance so you don't fall forward.



08 SCISSOR LUNGE

3 SETS OF 30SEC, 30SEC REST

Call your quads and glutes into battle by whipping the rope up and down in alternate hands while lunging forward with your right leg (**A**). Repeat with the left leg (**B**).



09 RUSSIAN TWIST SLAM

3 SETS OF 30SEC, 30SEC REST

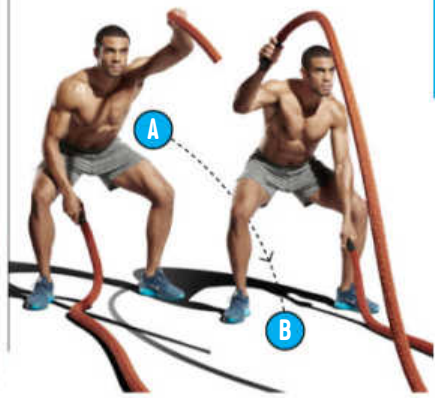
To target your abs and obliques, sit with the rope in both hands, then lean back, lift your feet up, and slam to your right (**A**) then left (**B**). Try to control your breathing.



10 SQUAT WAVE

3 SETS OF 30SEC, 30SEC REST

From standing, make one-arm alternate waves (**A**), then lower yourself into a squat (**B**), hold for 4sec – while still making waves – then rise and repeat.



SPEC

MUSCLES USED



WORKOUT **30** MIN

RESULTS IN **14** DAYS

LEVEL **MED**

WORDS: MARK BAILEY | PHOTOGRAPHY: PHIL HAYNES | GROOMING: SABINE CHAMMAS | MODEL: LEE MCLAUGHLIN AT W ATHLETIC | SHORTS HM.COM, NIKE LUNARGLIDE 7 FLASH

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HOW DO YOU MAKE YOURSELF FASTER?

Gentle jogging gets you nowhere fast. Running hard and cutting seconds is your 2016 shortcut to becoming a fitter, leaner man in a hurry. Follow these tips to become a merchant of speed

THINK

DIVIDE AND CONQUER

If you're running all-out, mentally break shorter distances into three segments and concentrate on completing one at a time. Fresh muscles will carry you through the first section; the last part is (just about) manageable because you're nearly there. Use stockpiled willpower to push through the pain of that middle part – it's where PBs are earned.

STRIKE A BALANCE

The fast-lane to improved form isn't tweaking your running posture. Practise doing 10 single-leg squats with equal weight on either leg to develop effortless acceleration.

RUN ON EMPTY

The faster you plan to go, the less you want bouncing around your belly. Rest an extra hour after eating to be lighter on your feet but have ample energy.

ENDURE THE GAINS

If you want to beat your 5K time you need to work on speed endurance. Start with sprint sessions involving 10 reps of 100m with 90 seconds' rest, before gradually progressing until you're cruising for 300m following the same training pattern.



THINGS

PACK ON WEIGHT

Some runners fear heavy lifting will slow them down but, done explosively, shifting metal can unlock a new gear. Superset barbell squats and box jumps to introduce the power element that works pace into dreaded legs days. You'll be sore but you'll be speedy.



WARM UP WELL

Forget about sweat-wicking and compression – wrapping up in running tights and knee-high socks is about keeping your muscles warm. Heat in your quads and calves reduces your injury risk. Plus you'll look pretty elite.



THROUGH



FLAT-LINE PACE

If you're upping speed and slashing distance, the thick, soft-heeled kicks that carried you through last year's marathon won't cut it. Instead, opt for lighter road-racing flats such as Nike Zoom Streaks (£75 nike.com). They'll absorb less energy.

KNOW YOUR FACTS

Why is running fast so effective? Working at near max pace stimulates your nervous system, which raises the speed at which muscles contract, plus the number of fibres firing. Using more fibres burns more calories and builds stamina faster, so focus on speed over distance twice a week. It's the scientific shortcut to fitness.



EXPERT David Harmer
EXPERIENCE As head coach at Nike Run Club and endurance coach for British Athletics, Harmer will add the spark to a burning ambition for improved fitness
FOLLOW @coachharmer

WORDS: TED LANE | ILLUSTRATIONS: BEN MOUNSEY

THE BIG WORKOUT

THE GREAT PYRAMID OF FAT LOSS

Repping press-ups ad nauseam gets you nowhere. Deployed in pyramid sets, however, this bodyweight staple can build as much strength as a session on the bench, while decimating body fat in the process. For lean mass, there's no faster (or cheaper) way



HOLD THE PRESS

You're probably terrible at press-ups. Don't take offence; most people are. A few pointers: your hands should align with your shoulders, your elbows must brush your sides (no flaring) and if your hips sag, the set is over. Combining different variations creates an efficient workout you can do anywhere. Start at the bottom-left of the pyramid and work your way up, then down, performing the reps indicated. Complete the workout twice and enjoy your triangular physique.

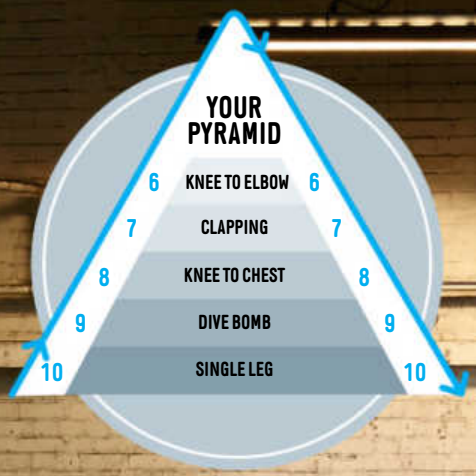
01
SINGLE LEG
10 REPS

Done right, press-ups build the kind of body that keeps gymnasts in shape. Start by testing your balance. Raise one leg (A), then perform your press-up (B). You'll need good core stability. Switch legs for the second set of 10.

02
DIVE BOMB
9 REPS

For this variation, start with your hips up (A). Then pull your body forward, lower your hips, bend your elbows and straighten your arms in a swooping motion (B). Keep your shoulders retracted to activate your back and chest.

WORDS: ALEX HARRIS | PHOTOGRAPHY: PHIL HAYNES | GROOMING: SABINE CHAMMAS | MODEL: LEE PHILLIPS



THE SPEC

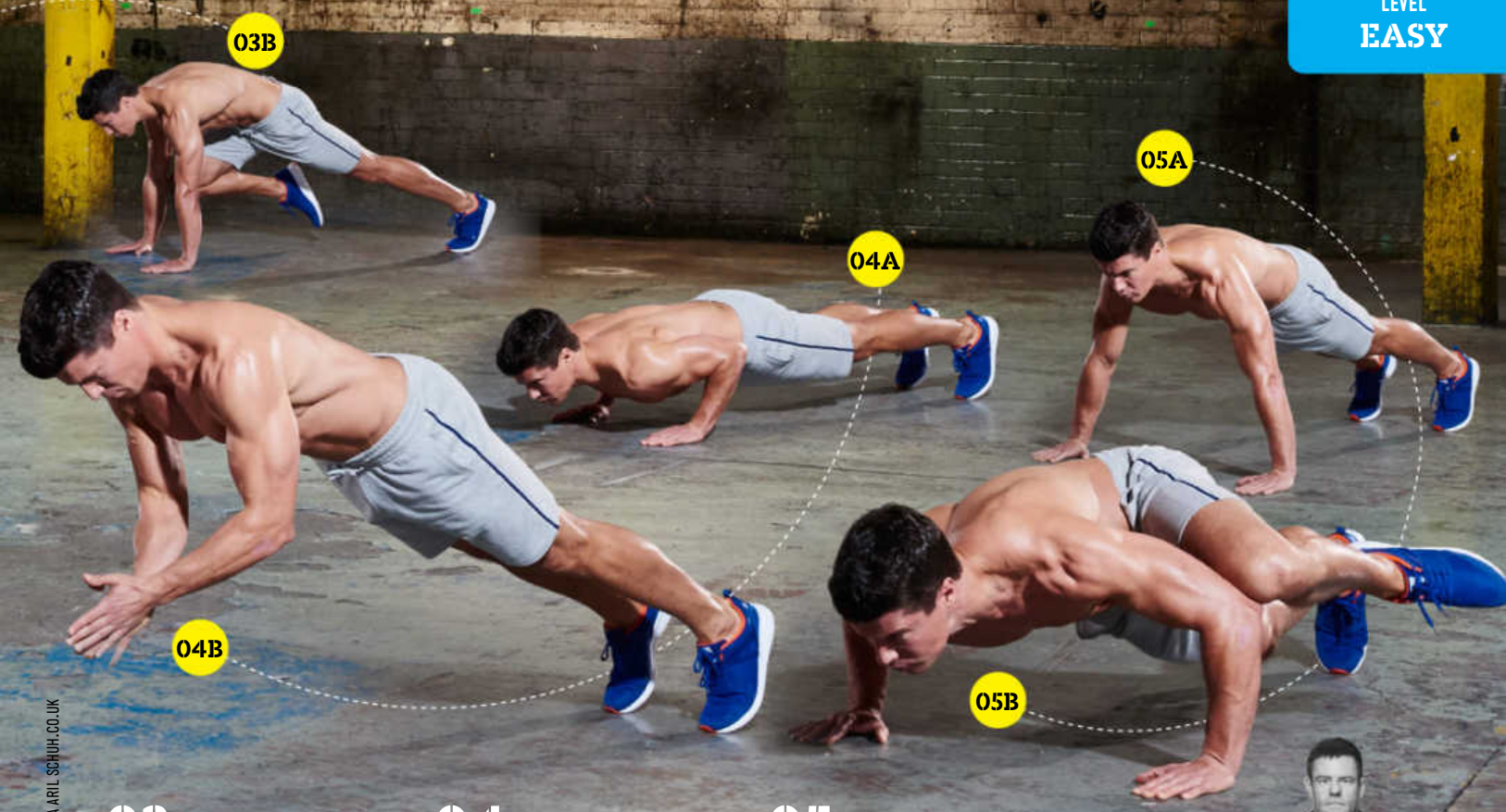
MUSCLES TARGETED



WORKOUT
10
MIN

RESULTS IN
2
WEEKS

LEVEL
EASY



AT ANDI PETERS' MODELS | SHORTS TOPMAN.COM, PUMA ARIL SCHUH.CO.UK

03
KNEE TO CHEST
8 REPS

One for the six-pack. As you press up, bring a knee toward your chest (A). Alternate knees with each rep to work the obliques on each side of your body (B). If you can feel muscles you didn't even know you had burning, it's working.

04
CLAPPING
7 REPS

You've likely tried this one before, but form is no less important here. Do a press-up (A), but push up with enough force to launch off the floor and clap in mid-air (B). Keep rigid with your core tensed as you land and lower again.

05
KNEE TO ELBOW
6 REPS

This is the knee-to-chest's angry cousin. Do a press-up (A), but touch your knee to your elbow at the bottom (B). Aim to look like Spiderman on the floor and you'll match his agility soon enough. Alternate sides each rep.

EXPERT Rob Shaul
EXPERIENCE The founder of fitness group Strong Swift Durable, Shaul is a certified S&C coach. Working with the military and firefighters, his training isn't for show
CONTACT @MilitaryAthlete
strongswiftdurable.com


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MACRO ECONOMICS #01

MAKE GREAT BOWLS OF FIREPOWER

Our new recipe feature will pack your lunch box with nutrients for a full working week, saving time and money. This month's protein-rich chilli was created by chef Adam Gray*. It's not bulk cooking – it's macro economics

EATING RIGHT SHOULDN'T BE A WRENCH



£1.69 PRICE PER PORTION

CALORIES 607
PROTEIN 48G
CARBS 69G
FATS 13G

28G PROTEIN PER £1 SERVE

CHILLI CON CARNE

MAKES FIVE

- Shallots, 5
- Garlic, 3 cloves
- A fresh chilli
- Beef mince, 600g
- Hot smoked paprika, 3tsp
- Tinned chopped tomatoes, 600g
- Beef stock, 180ml
- Tomato puree, 4 level tbsp
- Tinned kidney beans, 500g

METHOD

Step 1 Slice the shallots, garlic and chilli, and sweat in rapeseed oil, while browning the mince in a separate pan. When it's coloured, drain the mince into a sieve to remove excess fat but keep all of the mouth-watering protein.

Step 2 Add the paprika – "it's a rich source of vits A and C," says Gray – and stir it into the shallot mix. Add your mince along with the tinned toms and simmer for 5min. Pour in the stock and add a dollop of puree, along with a bay leaf and pepper for an extra kick.

Step 3 Once the sauce has thickened (about 30min), tip in the beans and leave for 5-10min so they can soak up the flavours. Serve with torn coriander, a spoon of Greek yoghurt and a heap of brown rice to sate hungry muscles.

*EXECUTIVE CHEF AT BOURNE & HOLLINGSWORTH BUILDINGS | WORDS: SCARLETT WRENCH | PHOTOGRAPHY: DAN MATTHEWS | FOOD STYLIST: NATALIE THOMSON | SIGNATURE CAST IRON OVAL CASSEROLE LECREUSET.CO.UK

FIRST GEAR #12

HOME IS WHERE A NEW START IS

Trade in your gym membership for these one-time investments to build a space that takes your homebody to new heights



CROCKED THEN ROLL

Tight muscles put pressure on your joints, but rolling out tension will keep you mobile. The Grid-X is extra hard, so you can dig deeper into knots than any overpriced physio's knuckles.
Triggerpoint The Grid-X £31 tptherapy.com



ARE YOU L-SITTING COMFORTABLY?

Parallettes are the only bit of kit you need to master your bodyweight. Start with dips before attempting handstand press-ups for Olympic-standard bragging rights.
Parallettes £47 physicalcompany.co.uk



GIVE IT A WHIRL

Wind up to a new level of medicine ball training. Swing this ball against your floor for a home-friendly solution to sledgehammer training. Few lounges have space for a tractor tyre, after all.
Loumet Rope Ball from £56 jordanfitness.com

BRING BLUBBER TO BOIL

Kettlebells are multi-functional – the Kalashnikov of your home-gym arsenal, you might say. Master swings with this 20kg option and you'll obliterate belly fat.
Men's Health Kettlebell 20kg £50



ALL BAR NONE

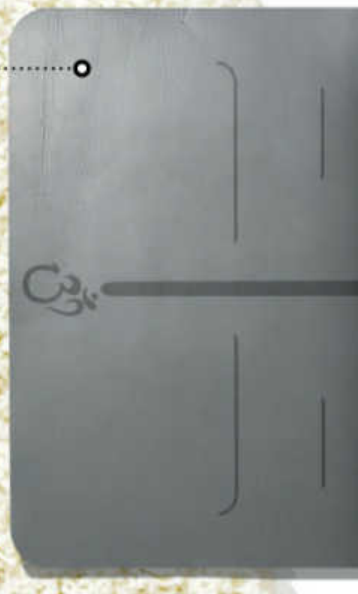
Bring the deadlift – the move that builds total-body muscle – to life at home. Stack with rubber plates to save your skirting boards and develop a body to rival any gym bro.
Cast Iron Weight Set £200 gorillasports.co.uk





STATE OF SUSPENSE

The instability of suspension works the stabiliser muscles in your joints to build strength that'll protect you under a bending barbell. Hang it from your doorframe and start roping in more strength. ***Men's Health Suspension Trainer £20***



FLEXIBLE FRIEND

The American College of Sports Medicine prescribes flexibility work twice a week to beat desk-induced back pain. The lines on this mat act as a guide, plus it spares your glutes during abs work. ***Liforme yoga mat £100 liforme.com***



PULL THE CHUTE

No space for sprint sessions? Add resistance to your speed work, without a sled tearing up your turf, by strapping on a chute. It'll make your muscles and lungs work harder over garden-friendly distances. ***Adidas Resistant Parachute £22 amazon.co.uk***

WEIGHT ON YOUR CHEST

Think you can skip leg day just because there's no rack in your living room? Wrong. Turn any stairs into a punishing lower body session by strapping on 10kg and sprinting up. Two-steps at a time, obviously. ***Men's Health Weighted Vest 10kg £50***



LAY DOWN RUBBER

If you're banking on some re-sale value on your house, it's best to put down some protection. This heavy-duty mat is non-marking and absorbs all shocks to protect against falling weights. ***Interlocking High Impact Matting £47 exercise.co.uk***



SPEED'S NEW SHAPE

To stay on trend at home, focus on speed, not size. Leave lunkish gym-goers in your wake by creating different foot patterns over, around and through this grid and bring elite agility to your garage. ***Escape Fitness Agility £34 amazon.co.uk***



BUCKLE UP
Wearing a weighted vest during any exercise burns at least 10% more calories*

WORDS: TED LANE | PHOTOGRAPHY: LOUISA PARRY
*AMERICAN COUNCIL ON EXERCISE


NEW
FOR 2016



RAT RACE

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On the 2nd April 2016 we're going Old Skool. Come join our 5 mile retro-revival-x-country-caper.

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- Old Skool Special Edition Technical Retro PE Vest Free worth £15
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- On course water stations
- Fully waymarked course
- Live MC all day
- Tuck shop plus water at finish
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- A free half pint for everyone in old skool fancy dress
- Prizes for the best dressed given out in the Party Tent

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ratrace.com/oldskoolmudrun2016

Photography by **Rankin**

IDR

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Superdry.com/Idris

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Blitz 3in1 Beard Trimmer

Every now and then a piece of kit comes along that is truly remarkable. The **Wahl Blitz 3 in 1 Beard Trimmer** delivers market leading run times – with up to 240 minutes from a single full charge which gives you up to 3 months use. And, thanks to the superior **Wahl Lithium Ion Advanced 2.0** technology the 'Quick Charge' function will give you over 3 minutes of trimming time from just a one-minute charge, meaning you can always look your sharpest even if you forget to charge! Wahl Lithium Ion Technology stays ready to use. **5 year warranty.**

240 MIN RUN TIME
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Quick Charge 3 Minutes

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T-blade **Head**





Foil Shaver **Head**



Detail Shaver **Head**



Ideal For **Beards & Stubble**

WIN THIS TRIMMER

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For your chance to WIN a Blitz 3 in 1 Beard Trimmer* Follow @wahlnationuk on Twitter and tweet us your best beard selfie @wahlnationuk #wahlbeardup

*terms and conditions apply - visit wahl.co.uk/christmas15



STYLE SKI SPECIAL

EDITED BY ERIC DOWN

INSTANT UPGRADE

Peak Cool

Add some alpine froideur to your wardrobe with a new alliance that's off piste and on point

Standing as the pinnacle of outerwear brands, Moncler combines style cred with legit credentials: it's a label that's been worn by both the French Olympic downhill skiing team *and* by rapper Drake in his *Hotline Bling* video. But the puffer pioneer has now scaled even newer heights by hooking up with à la mode streetwear brand Ami. "The mixture of fabrications and detachable shearling collar on this coat nod to both the current sports-tech and '70s trends," says Bosse Myhr, director of menswear at Selfridges. It's what fashion sherpas like to call a 'statement piece', but if that sounds as daunting as a north-face ascent, fear not: "Just allow the coat to do the talking by pairing it with simple, quality basics," says Myhr. In short, it's an easy way to give the rest of your outfit a (ski) lift.

COAT £1360 MONCLER A
JACKET £235 PARAJUMPERS
TROUSERS £45 JOHN LEWIS
BEANIE £360 FENDI
GOGGLES £70 NIKE AT SURFDOME

WORDS: JAMIE MILLAR | PHOTOGRAPHY: GAVIN WATSON | STYLING: ERIC DOWN | GROOMING: OSCAR ALEXANDER USING KIEHL'S + REVLON PROFESSIONAL | MODEL: TYLER AT AMCK | PHOTOGRAPHER'S ASSISTANT: OLLIE GROVE
STYLIST'S ASSISTANT: RICCARDO CHIUDIONI | NIKE AT SURFDOME.COM, FENDI.COM, MONCLER.COM, PARAJUMPERS.IT, JOHNLEWIS.COM | SHOT ON LOCATION AT BODO'S SCHLOSS BODOSSCHLOSS.COM FOR BOOKINGS 020 7937 5506

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THE EDIT

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WORDS: MATT HAMBLY | PHOTOGRAPHY: HEARST STUDIOS | COMPILED BY RICCARDO CHIUDIONI

THE WINTER MANUAL

Blue Runway

With fashion brands and luxe sportswear becoming a regular fixture on the slopes, simply staying warm is no longer your sole requisite when kitting out. Time to trade up

PHOTOGRAPHY – STEPHEN LENTHAL **STYLING –** ERIC DOWN









01
OAKLEY PRIZM GOGGLES

Nothing harshes your steez like flat light and this is where Prizm lenses come in to their own. "By boosting ambient light and barring some wavelengths they amplify contrast," says Steve Wells at Ellis Brigham. The result? Saved face at the bubble lifts.
£150 oakley.com

02
COLUMBIA JACKET

On blue sky days, it's the heat you're battling, not the cold. This smart shell jacket retains the sealed seams and nylon twill outer to keep snow out but ditches the linings. It also has an Omni-Heat inner so you can ski high without feeling the nip.
£160 columbiasportswear.co.uk

03
EA7 MOUNTAIN GILET

Layering is your best defence against frostbitten lift rides and this duck down gilet will keep you warm without hurting mobility on fierce mogul fields. It also looks a damn sight more *soigné* than a thermal cagoule.
£252 harrods.com

04
MAMMUT RIDE AIRBAG

A backpack that looks good *and* saves your life? Bien sur. This one is equipped with a 150-litre airbag so in the event of a snowslide you float to the top rather than being buried. It's a better look, you'll agree.
£589 ellis-brigham.com

05
BLACK DIAMOND GLOVES

Its rep was forged on hard-as-nails climbing gear and Black Diamond's snow kit is just as tough. "These gloves protect, but let your hands move freely without sweating," says Wells, which means that you can focus on riding, not defrosting.
£100 ellis-brigham.com

06
BURTON SNOWBOARD

The revolutionary Squeezebox core – pairing park-ready pop with stiffness that works in powder – is just one of Burton's best board's features. But art by Juan Francisco Casa means it looks just as good carried off the piste as shredding it.
£450 gb.burton.com

07
ADIDAS SUPERSTAR BOOTS

The iconic clamshell toe of this streetwear classic, plus the monochrome colourway, make the Superstar look anything but cumbersome, while the power strap and articulated upper keep them utile. Walk this way.
£240 surfdome.com

08
FENDI JACKET AND PANTS

Forget slacker baggies, this season's snow silhouettes are fitted. Fendi's slimline set has hidden impact padding and a moisture-and cold-beating polyamide shell. Stay warm, look cool, bruise less, no sweat.
£1350 and £850 harrods.com



07



08

WORDS: TOM BANHAM



Sub-Zero, Skin-Deep

Colder climes call for some hardcore grooming, as these chilled trailblazers know all too well. Follow their tried-and-severely-tested tips

ILLUSTRATIONS – ADAM NICKEL

ANTARCTIC MONKEY



Ben Saunders led the longest-ever human-powered polar journey

"Exposure to UV radiation in Antarctica is high so my Vichy Capital Soleil SPF50+ sunblock and Dermatone SPF23 lip protection are essential. But for a general moisturiser I rely on Dermalogica Barrier Repair. We look for products that have zero water. Water-based products freeze in your pores and end up doing more damage than good."



NORTH FACE



Kenton Cool climbed all three mountains in the Everest horseshoe

"I swear by Elizabeth Arden's Eight Hour Cream and use it on everything: cold burns, lips, sunburns, the lot. It also comes in a handy screwtop container that you can open in gloves. For the skin on my face, I use Vaseline. If it gets windy at 8000m then a thick dollop insulates really well. It's handy on oxygen mask valves too, to prevent freezing."



POLAR EXCESS



Pen Hadow trekked solo from Canada to the North Pole

"Regular teeth-cleaning is vital on an expedition, not least because you're eating chocolate after every sledging session. Normal toothpaste is hydrated, and freezes solid, so I use Uncle Harry's Tooth Powder. I also rely on Neutrogena Norwegian Formula hand cream: your fingers can crack painfully after a lot of exposure and snag on gloves."





THE PORTFOLIO

Peak Performance

An avalanche of eminently practical alpine fashion has hit the shops for AW15, from parkas to hiking boots to cable knits. But this is not about wearing your Ski Sunday best – you can dress for the mountain without crampon your style

PHOTOGRAPHY – GAVIN WATSON STYLING – ERIC DOWN WORDS – JAMIE MILLAR

Pioneer An Entirely New Route

If your style is more street than slope, there's still a way into the après-ski party. "Designers have modernised the trend and made it more wearable," says Daniel Todd, a buyer at mrporter.com. "Take Alexander Wang's graphic Fair Isle knits, for instance, or Casely-Hayford's use of pattern in sportswear shapes and jersey fabrics." The difference is material.

01

PARKA £1495 CHRISTOPHER KANE
ROLLNECK £470 ALEXANDER WANG
TROUSERS £850 FENDI
RUCKSACK £695 PORTER-YOSHIDA & CO AT MRPORTER.COM

02

01
PATTERN MIXING
The minimal, two-tone pattern of this Fair Isle is brought bang up to date. And no one will suspect your gran knitted it.

02
CUBIST PERIOD
This parka punches up a familiar shape with a new geometric print. You won't look frozen in time.

03
RUCKSACK
This tough leather and nylon backpack is fit for Bond and roomy enough for Q's gadgets, too.



PARKA £1995 HARDY AMIES
SWEATER £195 HARDY AMIES
TROUSERS £265 MAISON KITSUNÉ
BOOTS £280 BURTON
SOCKS £15 BURLINGTON
GOGGLES £195 ANON

Bring The Mountain To You

Take inspiration from Mehmet Ali, creative director of Savile Row's Hardy Amies, whose mountaineering themed collection came to him after scaling Snowden, no less. The distinctive pattern of this parka is based on climbing ropes: both are handy on a hillside, but one is pretty useful in the city as well.

01
MATTE EFFECT
The parka's special water-repellent and bonded-cotton fabric not only performs under pressure, it looks pretty slick with tailoring, too.

02
MOUNTAIN TOP
Like the jacket, this white-topped knit subtly evokes snow-capped peaks without veering into perilous Christmas jumper territory.

03
VERTICAL LIMIT
These trousers have no connection with mountaineering whatsoever. Hey, we said take inspiration from the slopes, not fancy dress...



Knitwear With Altitude

"Rollnecks are back in a big way and are a key feature of the '70s revival," says Damien Paul, head of menswear at matchesfashion.com. Learn from ski style icon Jean-Claude Killy's use of the rollneck as a sporty base layer or elevate it further with tailoring: "It looks more relaxed and modern than a shirt and tie."

01
HAIR TRIM
The prevalent '70s vibe on this season's catwalk also saw fur make an appearance. We prefer attention to details rather than the full pimp look.

02
BRACING AIR
These salopettes are from none other than Fendi's technical ski range. "They're so popular we can barely keep them in stock," says Paul.

03
STEP UP
While these boots have a utilitarian Vibram sole, the suede upper lends itself more to refined expeditions than crossing the Alps.

GROOMING: OSCAR ALEXANDER USING KIEHL'S + REVLON PROFESSIONAL | MODEL: TYLER AT AMCK | PHOTOGRAPHER'S ASSISTANT: OLLIE GROVE | STYLIST'S ASSISTANT: RICCARDO CHIUDIONI | SHOT ON LOCATION AT BODO'S SCHLOSS BODOSSCHLOSS.COM FOR BOOKINGS 020 7937 5506

Watch A Seriously Cool Film

Next time you're Netflix and chilling, scope out Robert Redford's off-piste outfits in the 1969 film *Downhill Racer*. His shearling jacket is very AW15, which in turn is very '70s. But if that era leaves you cold, you don't have to go all Arthur Daley, says Paul: "The likes of Ami and APC also do simple, fuss-free styles."

01
WAX WORK
This cable knit is minimally processed, so the yarn retains its lanolin: a natural wax that, like the stuff you put on your skis, protects it from the elements.

02
SHEAR LUXURY
If these exquisite sheepskin gloves from Ferragamo are a touch too much, tap up French Connection for a less costly, still cool option.

03
WOOL RUNNINGS
Tweed is another of man's technical fabrics, repelling water and trapping warm air. These strides will go with a blazer or denim jacket.



COAT £1950 AMI
ROLLNECK £295 PRINGLE OF SCOTLAND
SWEATER £85 FINISTERRE
TROUSERS £169 OLIVER SPENCER
HAT £30 FINISTERRE
GLOVES £395 SALVATORE FERRAGAMO

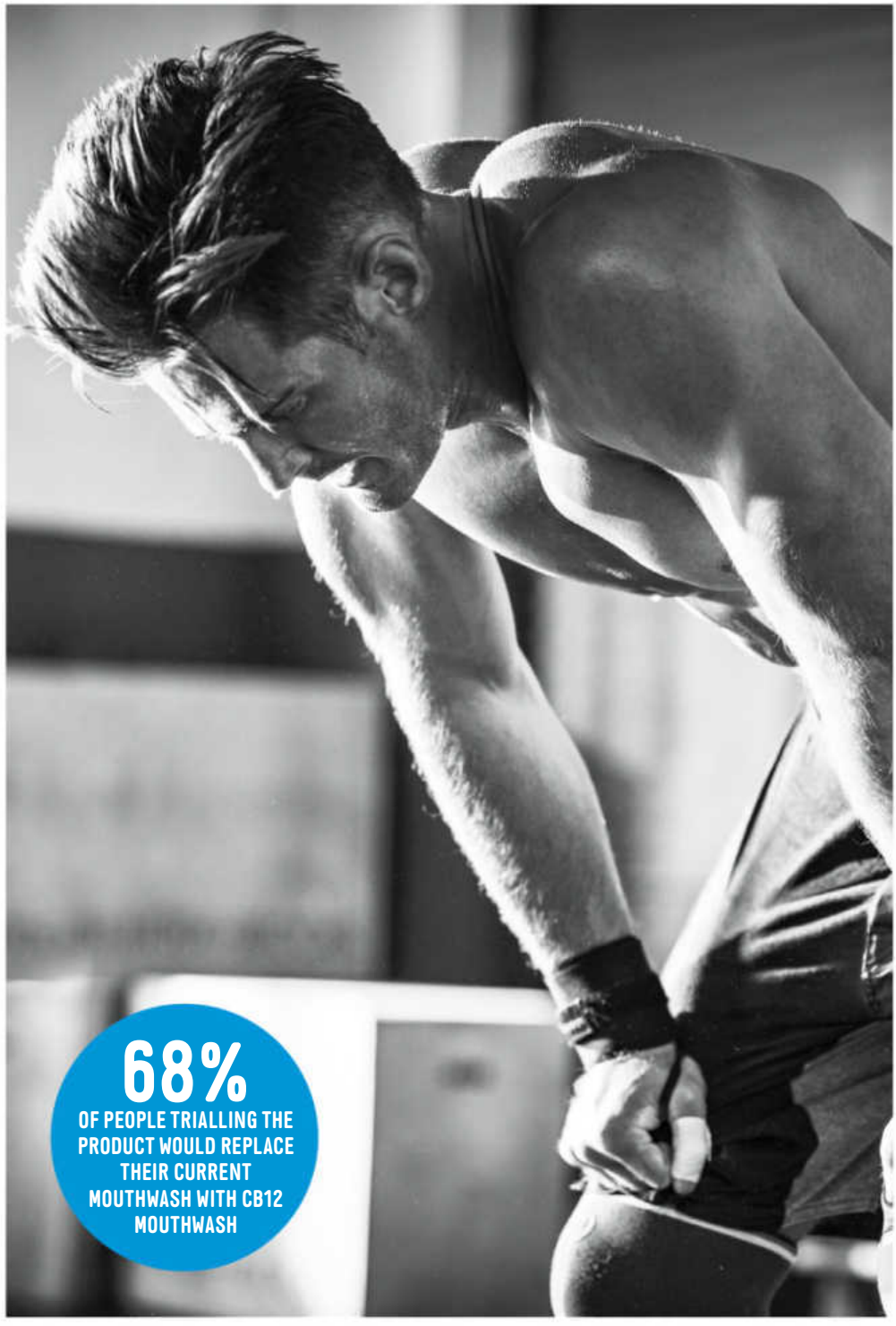
BREATHE EASY

BE BUSINESS READY WITH A MOUTHWASH THAT HELPS KEEP YOUR TEETH, TONGUE AND MOUTH FRESH. RINSE IN THE MORNING AND EVENING TO STAY ON TOP FORM

When it comes to rising with the sun to crush your early morning workout, preparation is key. Your kit bag needs to carry you from the weights room or the treadmill into the office. Luckily, these days that's even easier, thanks to gym shower rooms filled with luxury grooming products. But while shower gels and body creams are covered, freshening up your mouth can often feel like an afterthought.

If your workout has left your mouth feeling like sandpaper, you need a quick fix before you face your boss. While rehydrating will go some way to helping freshen your mouth, CB12 goes the extra mile. The mouthwash works by neutralising the odours in your mouth, through a unique formula containing zinc acetate and clorhexidine diacetate. The improvement is so instant that colleagues may well notice before you do. In fact, in a recent trial, 70% found that the mouthwash "made their teeth feel cleaner" and gave them "the confidence to get on with [their] day*."

Better still, the minty fresh formula is clinically proven to last for 12 hours. It also contains fluoride to help strengthen tooth enamel and protect against tooth decay. Make it part of your daily routine, along with your high intensity cardio training, and notice the results immediately.



GIVING YOU THE EXTRA CONFIDENCE

WILLIAM, 29, WIMBLEDON

"I found this to be a really great mouthwash. It's easy to use and taste wise, it's not overpowering. I have a gym at work and I found this mouth rinse was great at neutralising morning breath, which is crucial when you are going for that 5am workout. This mouth rinse did a great job of eliminating bad breath and keeping my mouth fresh throughout the day."

To find out more, visit cb12.co.uk



*Sample size product, September 2015



COAT £905 DSQUARED2
ROLLNECK £300 NIGEL CABOURN
TROUSERS £515 MONCLER GRENOBLE
BOOTS £239 RED WING
SUNGLASSES £135 RAY-BAN
BAG £55 SUPERDRY

Obey The Fashion Mounties

One of the biggest noises this season was the 20th anniversary of Dsquared2. Canadian designers Dean and Dan Caten marked the occasion with a performance from Mary J Blige and a 'greatest hits' collection that was Rocky Mountain-ready. This jacket is a classic number that will still get aired in two decades.

01
ANTARCTIC ROLL
This jumper takes its inspiration from one worn by George Lowe during his famous 1955-58 Antarctic expedition. Hopefully not for three years.

02
RETURN LEG
If these technical trousers are a little too 'mountain guide' for your tastes, swap them for selvedge jeans or seasonal rugged cords.

03
SNOW SHOES
Red Wing is based in Minnesota, where the waist-high drifts make our winter look like a snowstorm in a teacup. Relax: you're on a solid footing.

ALEXANDERWANG.COM, AMIPARIS.COM, GB.BURTON.COM, BURLINGTON AT FALKE.COM, CABOURN.COM, CHRISTOPHERKANE.COM, UK.COACH.COM, DSQUARED2.COM, ARMANI.COM, FENDI.COM, FINISTERREUK.COM, GIEVESANDHAWKES.COM, HARDYAMIES.COM, HYDESPECTACLES.COM, KITSUNE.FR, MICHAEL KORS 020 7730 1234,

01



02



FACING THE ELEMENTS

NEED AN EASY WAY TO PROTECT YOUR SKIN THIS WINTER? PICK UP THESE ESSENTIALS

Sure, you've nailed the diet, the training schedule and this season's style. But is there a chink in your armour? Whether you're fighting wrinkles, dry, oily or tired-looking skin this winter, you're going to need extra help keeping your cool. The solution? The B. Men range, exclusive to Superdrug. Each skincare essential is packed with all the ingredients you need to beat the elements – fast. And we know you're busy, which is why each one of them is quick to deploy. So get comfortable in your skin this winter.

03



04



05





IN THE SPOTLIGHT

We asked actor Oliver Watton how the B. Men range gets his skin ready, whatever the weather

01/ LOOK THE PART

"The B. Men Hydrating Gel's energising complex helps to give a matte complexion and guard against dehydration during long shoots."
£10.99

02/ AS YOU LIKE IT

"The B. Men Charcoal Scrub and Mask contains an exfoliating walnut shell component that unclogs and refines pores, and absorbs excess oil for a shine-free finish."
£6.99

03/ BORN TO PERFORM

"The 8-in-1 B. Men Post Shave balm offers 12-hour moisturisation. Oily or dry skin and post-razor redness? Not while I'm on screen."
£5.99

04/ A CLOSE SHAVE

"The B. Men Shave Cream is vital for centre-stage skin. Its cocoa butter softens my skin and helps to protect again nicks, cuts and irritation."
£7.99

05/ ACT ANY AGE

"The B. Men Anti-Ageing Moisturiser lets me act below my age. How? It includes SPF15, which has UVA and UVB filters to protect the skin from ageing sun damage. Plus, its 12-hour moisturisation helps firm up the skin."
£13.99

For more information, visit superdrug.com

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PARKA £2500 NIGEL CABOURN
CARDIGAN £948 VERSACE
SWEATER £269 PAUL SMITH
TROUSERS £345 EMPORIO ARMANI
BOOTS £1045 RALPH LAUREN
SOCKS £16 POLO RALPH LAUREN

Travel Straight To The Top

Like the Village People, menswear is full of archetypes: the sailor, the biker, the cowboy. We borrow their clothes, authenticity and manliness. That's why Nigel Cabourn's Everest parka – based on Hillary's – is ever-present. While the mountaineer is in the ascendancy now, he never really falls off.

01
STITCH UP
Layering knitwear is a high-level style move, but it's not insurmountable. Your guiding rule: the closer to your body, the thinner the knit.

02
NARROW PASS
These on-point joggers are wintry wool, but maintain the crucial, neatly tapered shape. It's optional whether you tuck them in.

03
FOOT HILLS
Once just functional, hiking boots have increased their fashion footprint. In plush leather, these are far more polished than any Millets buy.

MONCLER.COM, MRHARE.COM, NIKE.COM, OLIVERSPENCER.CO.UK, PAULSMITH.CO.UK, RALPHLAUREN.CO.UK, REDWINGHERITAGE.EU, PORTER-YOSHIDA & CO AT MRPORTER.COM, PRINGLESCOTLAND.COM, RAY-BAN AT DAVIDCLULOW.COM, FERRAGAMO.COM, SUPERDRY.COM, VERSACE.COM

JACKET: £80 BEIGE FUNNEL NECK MAC BY RED HERRING

SHIRT: £38 NAVY CHECK BY RJR.JOHN ROCHA

JUMPER: £50 BLUE AND NAVY PATCHWORK CREW NECK SWEATER BY HAMMOND & CO. BY PATRICK GRANT

JEANS: £45 DARK BLUE SLIM FIT BY HAMMOND & CO. BY PATRICK GRANT

BOOTS: £40 TAN FLEECE LINED BY RED HERRING

STYLE HUNTER

FOR EVERYTHING FROM SAVILE ROW TO STREETWEAR, HEAD TO YOUR ONE-STOP SHOP, DEBENHAMS

Debenhams has taken the work out of putting an outfit together by assembling a squad of top designers. You'll find Patrick Grant of Savile Row tailor Norton & Sons and catwalk brand E Tautz's new range, Hammond & Co, which is a perfect combination of contemporary and classic styles. Then there's John Rocha and Jasper Conran: industry insiders who translate catwalk trends like 'sports-luxe' and minimalist tailoring into highly wearable, affordable pieces that look current, but will last you well beyond this season. All of which makes it easy to build a fashionable, yet future-proof wardrobe – no instructions necessary.

For more information, visit debenhams.com

TIMELY CLASSICS

These versatile pieces are up to date – and won't expire anytime soon



GREY AREA

This bomber-cum-cardigan from J by Jasper Conran can be worn as a coat in warm weather, or under one in the cold. Either way, it'll always look cool. £45



CHECK MATE

This checked J by Jasper Conran shirt will add a bit of visual interest to sober ensembles and make smart-casual looks even smarter still. £36



IT'S IN THE BAG

All too frequently, accessories can be an afterthought – and hold you back. But this bag by Jeff Banks will carry you through almost any situation. £60

THERE'S A LOT MORE WHERE THIS CAME FROM; TO SEE THE FULL RANGE, GO ONLINE OR INSTORE

DEBENHAMS

WRIST ASSESSMENT

Altitude Slickness

Timepieces built for sea and air tend to hog the horological limelight, but mountaineering watches have a bold legacy of their own

PHOTOGRAPHY – STEPHEN LENTHAL



If the primary requisites for divers' and pilots' watches are water resistance and precision timing then, above all, a mountaineering watch must be tough. And let's face it, whether you're confronting perilous conditions on the Matterhorn or slippery tables in Dick's Tea Bar, you need something robust enough for the task.

Alpina is a Swiss brand with great form in building tough sports watches. In 1938, it developed the Alpina 4 – so-named for the four key qualities of sports timepieces: a hard steel case; water resistance; safety from shocks; and protection from magnetic interference. Now it combines this durability with extra smarts. On today's GMT model, the **Alpiner GMT 4 (£1740)** 02, you get the sturdiness of the '30s original, plus a 360-degree bezel for navigation: simply align the GMT hand with north and you can read off a compass heading. This might only prove useful for the recreational skier if a poor pit-stop takes you over the border, but Alpina encourages owners to test their timepieces, running guided trips to Everest and Kilimanjaro.

Predictably, other brands also align themselves with Everest, notably Rolex. A prototype of its '50s Explorer model was worn by Edmund Hillary when he became the first man to conquer the Himalayan summit. The current **Explorer II (£5350)** 04, launched in 1971, has hardly changed since. Enlarged and clarified in 2011, the fixed 24-hour bezel and orange GMT hand let you keep track of home time as well as providing a navigational tool: direct the hour hand at the sun, and the GMT hand will always point north in the northern hemisphere and south in the southern.

If the Rolex is too predictable a choice (in which case, the next round is on you!) try looking at a **Vulcain 50s Presidents (£3600)** 01. Returning to UK stores after more than a decade in the wilderness, the cult Swiss brand is viewed fondly by connoisseurs, principally for its development of one of the best mechanical alarm functions back in 1947. Less often noted, however, is that Vulcain outfitted the Italian team that first successfully scaled K2 in 1954. Its flagship Cricket model remains practically unchanged and, while it might look more suited to a St Moritz hotel than base camp, it's more than proved its mettle.

Of course, it's easy to get carried away when comparing feats of machismo. Often it's enough just to look the part, and an honourable mention must go to Montblanc's new **1858 Manual Small Second (£2265)** 03. You don't get much more alpine than its highest summit, and with this new range Montblanc is reviving a logo that plays up the connection. It looks cracking: a great-value piece with an old-school, eminently capable hand-wound Unitas movement and a large dial. True, it's not a watch on which to bet your life when suspended 8000m above sea level. But with a roaring fire and a vin chaud on the go? It's damn near perfect.



CHRIS HALL
If your watch collection needs elevating, Hall is on hand to help your wristwear reach new heights

Winter breakdowns

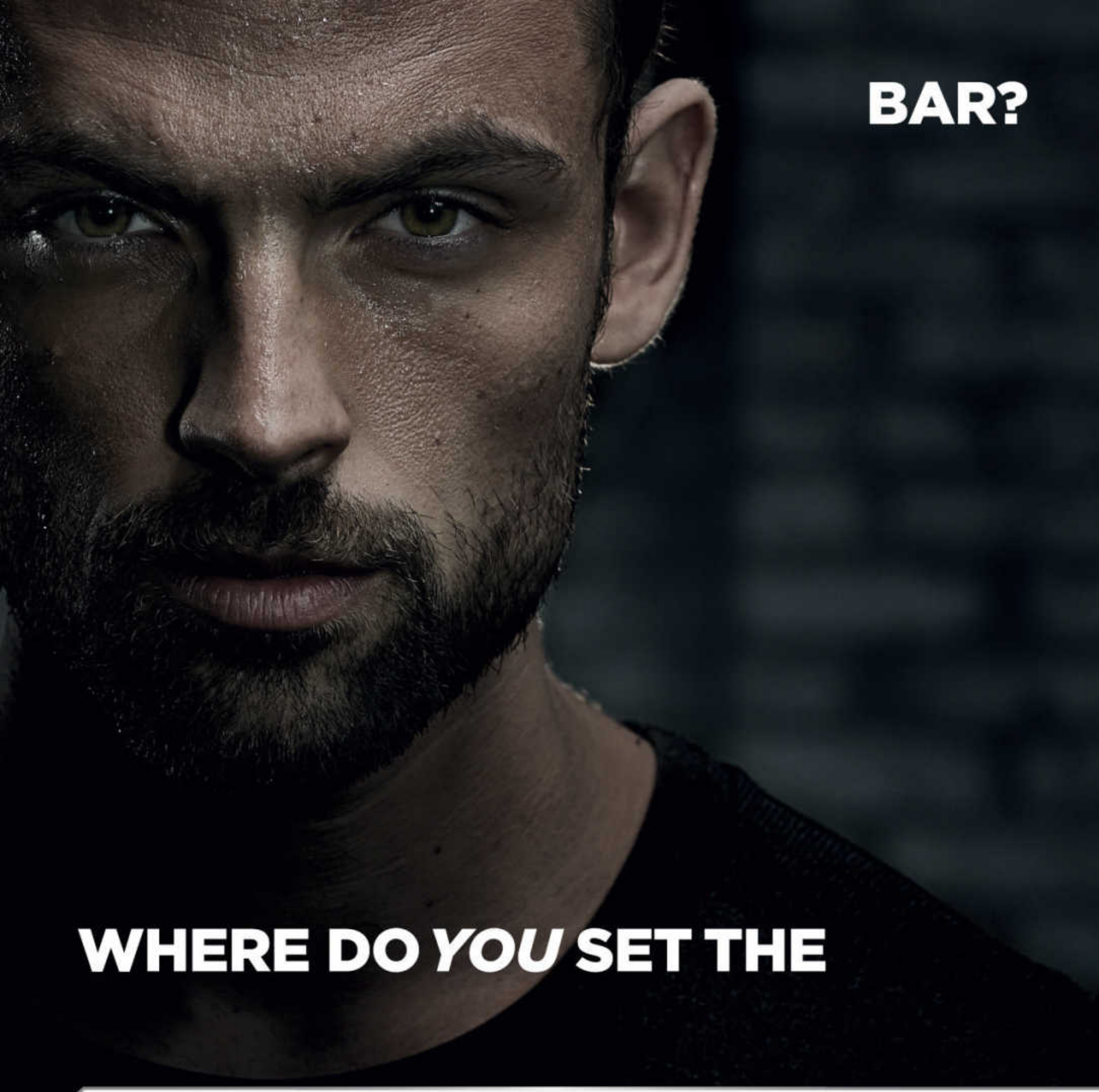
Icy weather takes its toll on your timepiece. Find out just how low your watch can go

-10°/20°
The temperature doesn't have to drop far below zero before the battery powering your quartz watch loses its cool. The same applies to LCD screens on digital watches. Craftsmanship counts for a lot.

-30°
This is one area in which mechanical watches out-do their quartz brethren (ultra-hardy G-Shocks excepted). Any man spending a week in Whistler with a mechanical will be OK above this temperature.

-40°
Inaccuracies arise at this level due to shrinking parts and the changing viscosity of oils. The best watches combat this with smart materials – Rolex uses a 'Parachrom' hairspring for extra resistance.

STYLING: ERIC DOWN | ALPINA AT SELFRIDGES.COM, MONTBLANC.COM, ROLEX.COM, VULCAIN-WATCHES.CH/EN



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ILLUSTRATION – ADAM NICKEL **WORDS** – MATT BARR

01 BEST SECRET FREERIDE SPOT

Where? The new 8-seater Churwalden-Heidbüel gondola in Lenzerheide *lenzerheide.com*
Why? 'Freeriding' means snowboarding on natural, un-pisted acreage, and this freeride paradise in Switzerland is a gem for lovers of deep powder, steep ledges and thrilling descents. McNair Shirts owner Neil McNair rates it because, "they've just replaced the old 3-man chair linking it to the main resort, making for a fast turn around on some of the best freeriding terrain in the whole of Europe."

02 BEST WAY TO HONE YOUR SKILLS

Where? Val Thorens Videopark *freestylepark.fr*
Why? A number of French resorts now offer free video footage of their freestyle parks. Simply flash your ski-pass at the entrance to the run, then have your own private film, recorded from multiple angles, texted to your mobile. "Being able to monitor and assess your technique again and again is a great way to improve," says McNair, "but it's also a license to spam Twitter with your tricks at après."

03 BEST FOR CRAFTY DRINKS

Where? Bec Jaune, Morzine *becjaune brewery.com*
Why? A friendly hangout for local seasonaires, this micro-brewery in Morzine serves good craft beers plus bar food which veers more toward Brooklyn-style pulled pork buns and superfood burgers than the ubiquitous raclette. "Mind the 7.2% Chinook IPA if you want to ski the next day," warns Dave Jordan of Alpine music outfit Gigz Management.

04 BEST FOR GOING APRES-SKI

Where? Le Vert Hotel, Chamonix *verthotel.com*
Why? It might look like an old ski lodge from outside, but inside you'll find a hip, boutique-style bar that's played home to DJ talent like Gilles Peterson and DJ Vadim soundtracking hedonistic weekend-long raves. "They're famous in the area for doing proper blowout parties in April," says Jordan, "and it's very popular with local ski and snowboard pros."

05 BEST FOR RETRO GLAMOUR

Where? Kempinski Grand Hotel Des Bain, St Moritz *kempinski.com*
Why? There's a distinct Bond vibe to this opulent hotel; indeed, the Swiss town features often in both the films and books. But it's not the lake view that's the main attraction, rather the health club: "The basement spa here is a luxuriant labyrinth," says *Ski Sunday* presenter Ed Leigh. "And it's strictly no clothes..."



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MH QUIZ
SUPPLEMENTS
NO.23
DO YOU HAVE A HEAD FOR PILLS?
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Q1\
What's the best way to wash down a vitamin C pill?



☐A Water ☐B Coffee ☐C Green Tea

C Vitamin C helps your body squeeze out more of green tea's antioxidants, Purdue University found. Coffee, meanwhile, blocks the absorption of certain key nutrients. If you favour a morning multivit, best delay your pre-work espresso run.

Q2\
The pill ArginMax can make your partner...



☐A Crave red meat ☐B Double her muscle mass ☐C Want you more

C It sounds like something from a bodybuilding pop-up ad, but this supp increases nitric oxide, making it easier for women to get aroused and achieve orgasm, according to the *Journal of Sex & Marital Therapy*. L-arginine and ginseng are the key components of chemical attraction.



Q3\
Which of the following has been shown to increase your stamina during exercise?

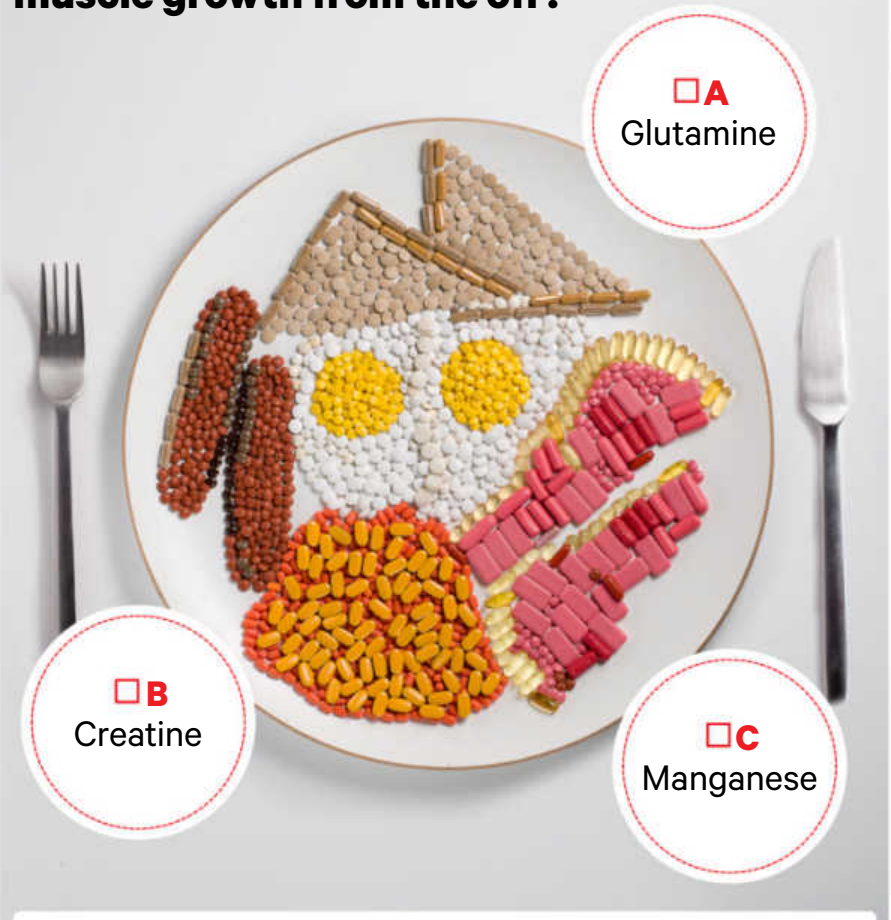
☐A Abomasum

☐B Quercetin

☐C Finasteride

B A dose of this flavonoid – present in onions and apples – can increase your time to- fatigue by 13.2%, says the *International Journal of Sport Nutrition and Exercise Metabolism*. Abomasum isn't a supp (it's part of a cow's stomach) and finasteride supports hair growth. Which won't help your wind-resistance.

Q4\
Which supplement should you take alongside your breakfast to accelerate muscle growth from the off?



A Take 5g glutamine after breakfast and again after training sessions to pack on new strength. Your levels of glutamine can drop by up to 45% during a one-week, high-intensity fitness regime, reports the *International Journal of Sports Medicine*. Top up to pump up.

Q5\
At what point in your life should you start taking anti-ageing compounds?

☐A Before 30

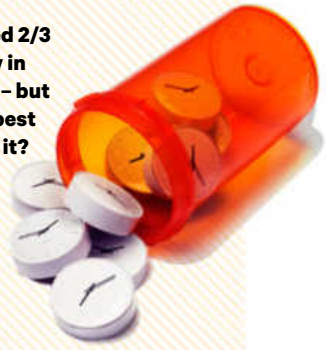
☐B 40-50

☐C 65+



B Conduct a pre-emptive strike on time's winged chariot: a Uni of Florida study found you'll see fewer benefits if you wait until after middle-age before taking age-erasing supplements. A stitch in time could save multiple in cosmetic surgery.

Q6\
An estimated 2/3 of us are low in magnesium – but when's the best time to take it?



☐A On waking

☐B With lunch

☐C Before bed

C You might have used magnesium baths to ease DOMS, but Mg is also a proven sleep aid, say scientists in Tehran, Iran. NB A bottle of red wine has 20% of your RDA, but *MH* does not condone that particular method.

Q7\
Which supplement is the most effective for increasing high-intensity exercise capacity?



A If you want to push your limits, add creatine monohydrate to your next shake. Research from the International Society of Sports Nutrition shows it increases stamina and lean body mass with no dodgy side effects. Take it with a small hit of carbs to improve muscular retention.

Q8\
'Arthrospira platensis' can speed your race performance. By what name is it better known?



- A Curcumin
- B Ginseng
- C Spirulina

C It might not be the panacea the detox crowd purports it to be, but this green algae has some palatable benefits. *Medicine & Science in Sports & Exercise* reports that male runners show a greater increase in exercise performance and shorter recovery times after taking spirulina.

Q9\
Which of the following should be your first line of defence against the common cold?


A Lozenges


B Zinc


C A woolly hat

B Studies by the Cochrane research network found that 75mg of zinc shortens the length of your cold if taken within 24 hours of your first symptoms. Pop, don't snort, your drugs: nasal sprays can permanently damage your sense of smell. That's not a side effect to be sniffed at.

Q10\
Which vitamin-mineral combo can increase male fertility?



- A Vitamin E & zinc
- B Vitamin C & iron
- C Vitamin D & zinc

A The partners of men who took the antioxidants vitamin E and zinc were more likely to conceive, reports Cochrane. If your kitchen cupboard's fit to burst with plastic bottles, a handful of nuts provides the nutrients to keep your own healthy.

Q11\
Calcium supplements make your bones bulletproof...

A Fact



B Myth

B The drugs don't work. A daily calcium pill will only strengthen your bones by 2% – not enough to be meaningful, says the *BMJ*. Worse still, too much can raise your heart disease risk. A decent excuse to order the cheeseboard instead.

Q12\
Which of the following vitamins can temper the effects of heavy drinking?



- A Vitamin C
- B Vitamin A
- C Vitamin E

C A daily vit E supp reduces your chances of getting liver cancer, according to new research in the *Journal of the National Cancer Institute*. Because the research is so new, the team is unsure why this is. In the meantime, a serving of spinach and avocado with your hangover brunch certainly wouldn't go amiss.

WORDS: NICKY WILLIAMS | PHOTOGRAPHY: OWEN SILVERWOOD, JASPER WHITE, HEARST STUDIOS, PETER CROWTHER, DAN MATTHEWS, GETTY | ILLUSTRATION: SPOOKY POOKA AT DEBUT ART, ALCONIC AT SYNERGY ART

Q13\

Which of these should you take in the lead up to an all-day conference?



☐A Fish oil



☐B Primrose



☐C Iron tablets

A Northumbria Uni found it heightens concentration, while Ohio State claims it calms anxiety by 20%. Try Vitabiotics Ultra Omega-3 (£10.50 boots.com) for a smart blend of EPA and DHA fats.

Q14\

What should you tuck into after a big workout?



☐A A burger



☐B A recovery drink



☐C A pint

A&B And it's happy news from the Uni of Montana: a small serving of junk food aids muscle repair after exercise as much as supplements. The key word here is 'small' – try to match your order to your calories burned and include (greasy) protein.

Q15\

Popping arginine capsules helps you train for ___ longer



☐A 14%



☐B 17%

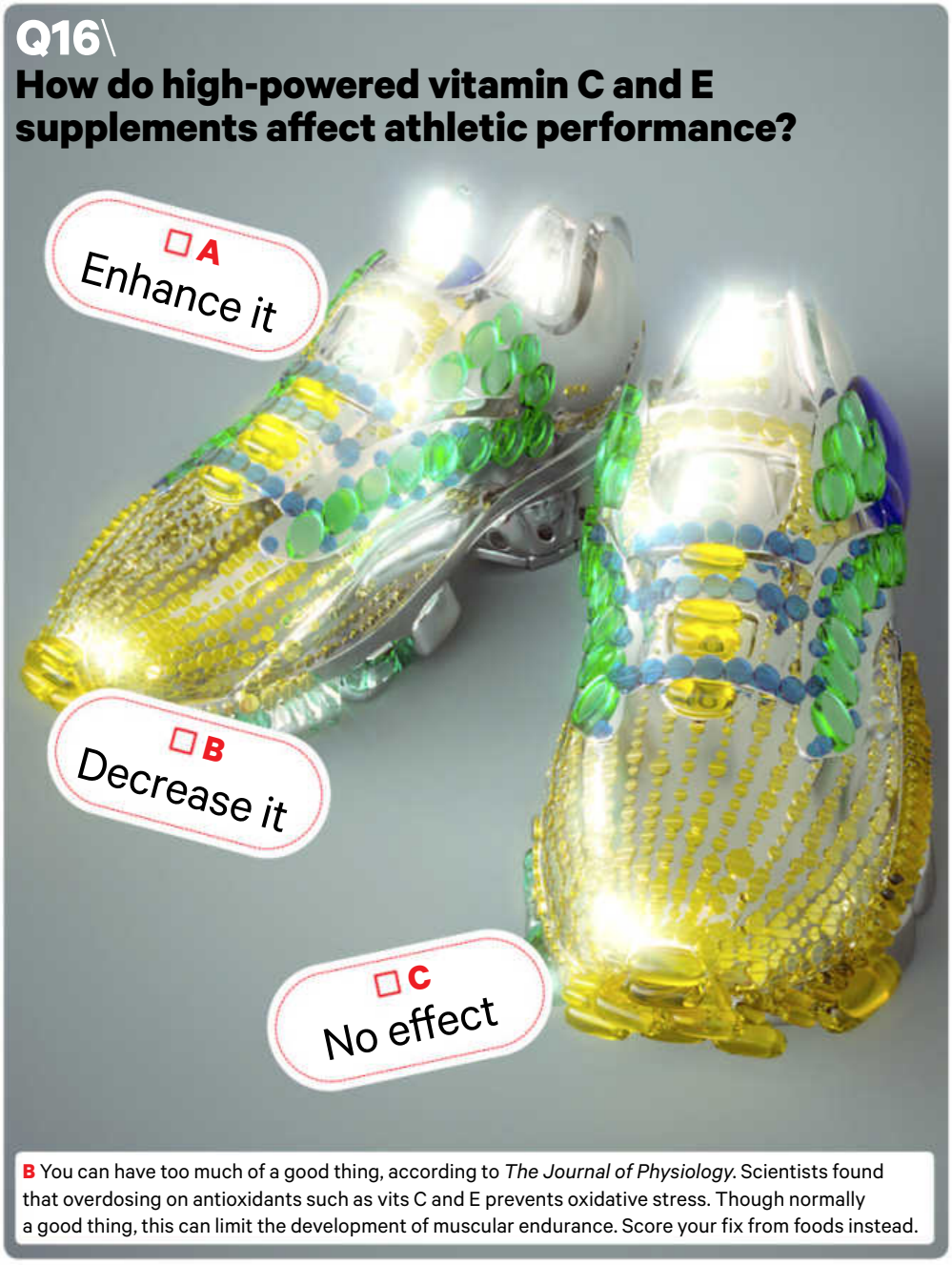


☐C 20%

B Consider it the legal alternative to doping: arginine delays fatigue, reports the International Society of Sports Nutrition. Spending the last half-hour of your session 'stretching' on the mats is no longer inevitable.

Q16\

How do high-powered vitamin C and E supplements affect athletic performance?



B You can have too much of a good thing, according to *The Journal of Physiology*. Scientists found that overdosing on antioxidants such as vits C and E prevents oxidative stress. Though normally a good thing, this can limit the development of muscular endurance. Score your fix from foods instead.

Q17\

Natural remedies don't come with any health risks...



☐A True



☐B False

B Many 'harmless' supps can react with medication, says the NHS. Garlic, for example, can amplify the effect of blood thinners (it's why vampires hate it). Always consult your GP first.

Q18\

Which of these oils is a stand-in for suncream?

☐A Canola

☐B Sunflower

☐C Fish



C OK, you can't actually forgo SPF (and we don't recommend rubbing fish oil on your skin). But *The American Journal of Clinical Nutrition* found that a regular dose of omega-3 inhibits sun damage. Pop a cap if you're hitting the slopes this season.

Q19\
Which of these nutrients can halve the progress of dementia?



☐A Lycopene

☐B Vitamin D

☐C Copper

B Give us a D! A recent study in *The Journal of the American Medical Association* found that a daily vitamin D pill might delay the onset of dementia. Research is ongoing, but considering that other health benefits include improved mood and immunity, it's worth a pop. Consider it light relief for the darker months (MH Lab D3 £10 boots.com).

Q20\
Which of the following supps is most effective for beating belly fat?



☐A Antioxidants

☐B Green tea

☐C Probiotics

C A daily probiotic can skim inches off your waist, according to the *Journal of Functional Foods*. In fact, after a month and a half of popping the stuff, research participants lost 4% of their body fat. The best probiotic, according to the study authors, is lactobacillus amylovorus. Rolls off the tongue.

Q21\
Can vitamin pills help you to give up smoking?

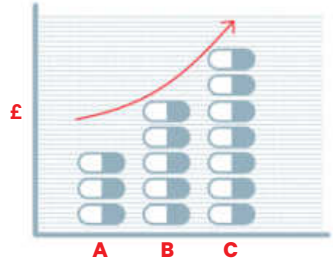
☐A Yes

☐B No



B The journal *Addiction* found that vitamin pills can weaken your resolve. Smokers subconsciously feel 'protected' by them so are more likely to cut back rather than stub out.

Q22\
How much is the UK's vitamin and supplement market worth?



☐A £260m

☐B £490m

☐C £670m

C That's nearly as much as the Millennium Dome cost. And, arguably, about as useful: an *Annals of Internal Medicine* report found that many vit and mineral supps have little to no effect on health. Neglecting to do your research comes at a price.

Q23\
Taking vitamins can make your job less stressful...



☐A True ☐B False

A Blame a lack of B vitamins for 9-5 dysphoria. After 90 days of supplementation, subjects in a study by Australia's Swinburne University reported a reduction in strain, confusion and depression at work. So don't worry – B happy.

Q24\
Which of these supps should you pop on race day?



☐A Creatine

☐B Caffeine

☐C Caseine

B Rise and shine. Coventry Uni scientists found that a big hit of caffeine – such as the amount you'd get from three Pro Plus – can boost your performance by making efficient use of your energy reserves. This trick was found to work best for endurance sports, rather than sprints or intervals. Save it for your first event of 2016.

How did you score?

0-10
(VIT) D-LIST

Before you reach for the smart pills, here's a knowledge top-up: taking vitamin C is as good for your arteries as a daily walk, according to a University of Colorado study. Both reduce the activity of endothelin-1, a compound that tightens blood vessels. You can bank this fact for a rainy winter's day.

11-19
A LITTLE BETA

A fair effort, but don't get complacent: "People who rely on dietary supps for health may pay a hidden price: the curse of licensed self-indulgence," says Wen-Bin Chiou of the National Sun Yat-sen University in Taiwan. In other words, all the antioxidants in Holland & Barrett won't compensate for a sub-par diet.

20+
IRON MAN

Someone's on the omega-3... But you could soon take your supp regime up a grade. A recent study in *Trends In Pharmacological Sciences* reveals we're on our way to developing a pill that can mimic the effects of exercise, such as building new blood vessels. Your peak-time gym class is about to free up...

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ONE WORD ANSWER #21

QUESTION

Which frothy liquid holds the key to long-term brain health?



ANSWER

Beer

While the predilection for a pint of wallop has often been linked with cognitive ability, rarely has the correlation been flattering. Until, that is, new research from Lanzhou University in China found that hops – the crop used by brewers to give beer its bitter aroma – could in fact protect brain cells from damage. The hero in this tale is xanthohumol, a chemical that slows the spread of neurological disorders such as Alzheimer's and Parkinson's by reducing oxidative stress. Bank that as a pub 'fact'. But pause before your order: "An American IPA is the archetypal hoppy beer style," says award-winning drinks writer Ben McFarland, who recommends Sierra Nevada (or London's Meantime for those who like their barley pop home-brewed). What's more, the micronutrient folate, also on tap in beer, will further down your risk of dementia. So don't fret about getting in a second round of Vitamin B. Dryathlons can wait.

WORDS: SCARLETT WRENCH | @THINKINGDRINKS | PHOTOGRAPHER: JOBE LAWRENSON



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Men'sHealth



BEFORE

TED LANE
AGE 25
MEN'S HEALTH
DIGITAL EDITOR



AFTER

FROM DAD BOD
TO IRON ABS!

12-WEEK BODY TRANSFORMATION PLAN

YOUR JOURNEY TO A LEANER, STRONGER BODY STARTS HERE!



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THE BODY OVERHAUL STARTS RIGHT HERE

Your 12-week programme is divided into three phases, each with nutritional plans and macro guides. Ready?



11 KICKSTART NEW YEAR METABOLISM

Welcome to the first four weeks of your plan. These workouts use high reps and supersets to strip stubborn fat, burning up to 1000kcal a time. Refuel with high-protein meals to keep your transformation on course

PHASE 1 WORKOUTS P11
FAT-LOSS MEALS P20



27 TRIGGER NEW MUSCLE GROWTH

Now that the foundation is set, get ready to take your training up a gear. Explosive tri sets and lower-body compound moves will replace excess fat with muscle. This month's meals pack in extra carbs – you'll need 'em

PHASE 2 WORKOUTS P27
HIGH-ENERGY MEALS P36



43 STRIP AWAY FAT FOR EXTRA DEFINITION

It's the final push: in weeks nine to 12, you'll blast through hardcore sets of pull-ups, dips and heavy lifts. To help you keep up, we have new meal plans, along with your essential supplement stack and kit ticklist

PHASE 3 WORKOUTS P43
LEAN-ABS MEALS P52

THE WEIGHT IS OVER

TRANSFORM YOUR BODY FOR LIFE

Recently, MH's Deputy Digital Editor, Ted Lane, had a revelation. After years of complacency he got himself in gear, rebooted his fitness and traded in the dad bod. Now, he says, it's your turn

Until three months ago, mine was a fairly familiar story of student athlete turned dadbod-toting desk jockey – minus the kids. Over five years my fall from the sporty one in my group to the butt of belly jokes was total.

My trainer Brett and I quickly realised how much work lay ahead. I had the metabolism of a 40-year-old, dropped to my knees in my first set of press-ups and, aged 25, had markers of metabolic syndrome.

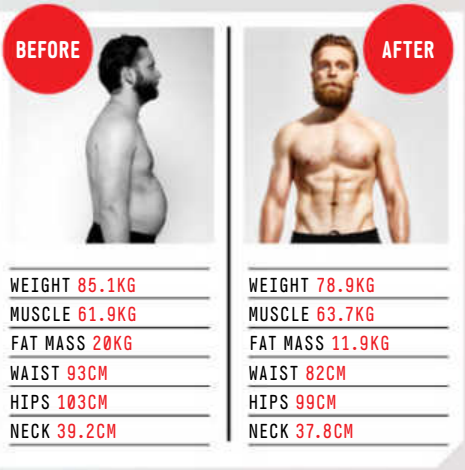
However, over 60 workouts and countless plates of chicken and broccoli later, I turned back my body clock. I reversed the damage done to my liver and kidneys by a high sugar (yes, and high booze) diet, deleting my risk of diabetes. I began pushing out press-ups for fun and even stoked my metabolism to that of a teenager. Oh, and I grew a beard of which Leonidas would be proud, even if the six-pack never *quite* reached Spartan standard.

> "This is not a fad fitness plan but the start of lifelong improvements"

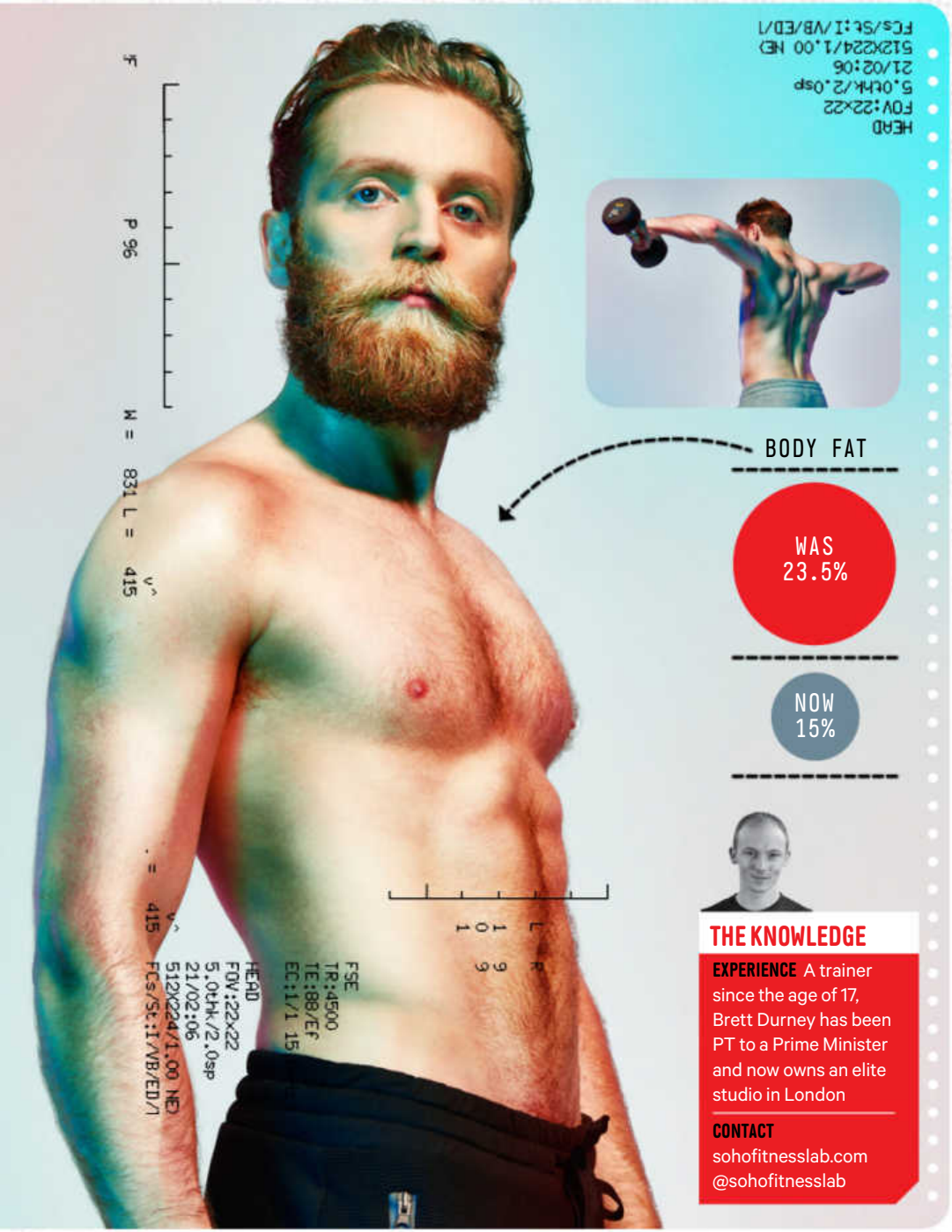
Crucially, this was not a fad fitness plan but a headstart to lifelong improvements. When you've completed the programme come spring, you can continue at your own pace. The hard part will be over.

This manual tracks my entire transformation and contains everything you need to get in the shape of your life. Plus, my trainer and I will support you and thousands of readers on the *MH* social channels as part of the *MH* Transform Club.

This is not only your chance to make 2016 your best year yet, but to live the rest of your life as a healthier and fitter man. Good luck. We'll be with you all the way.



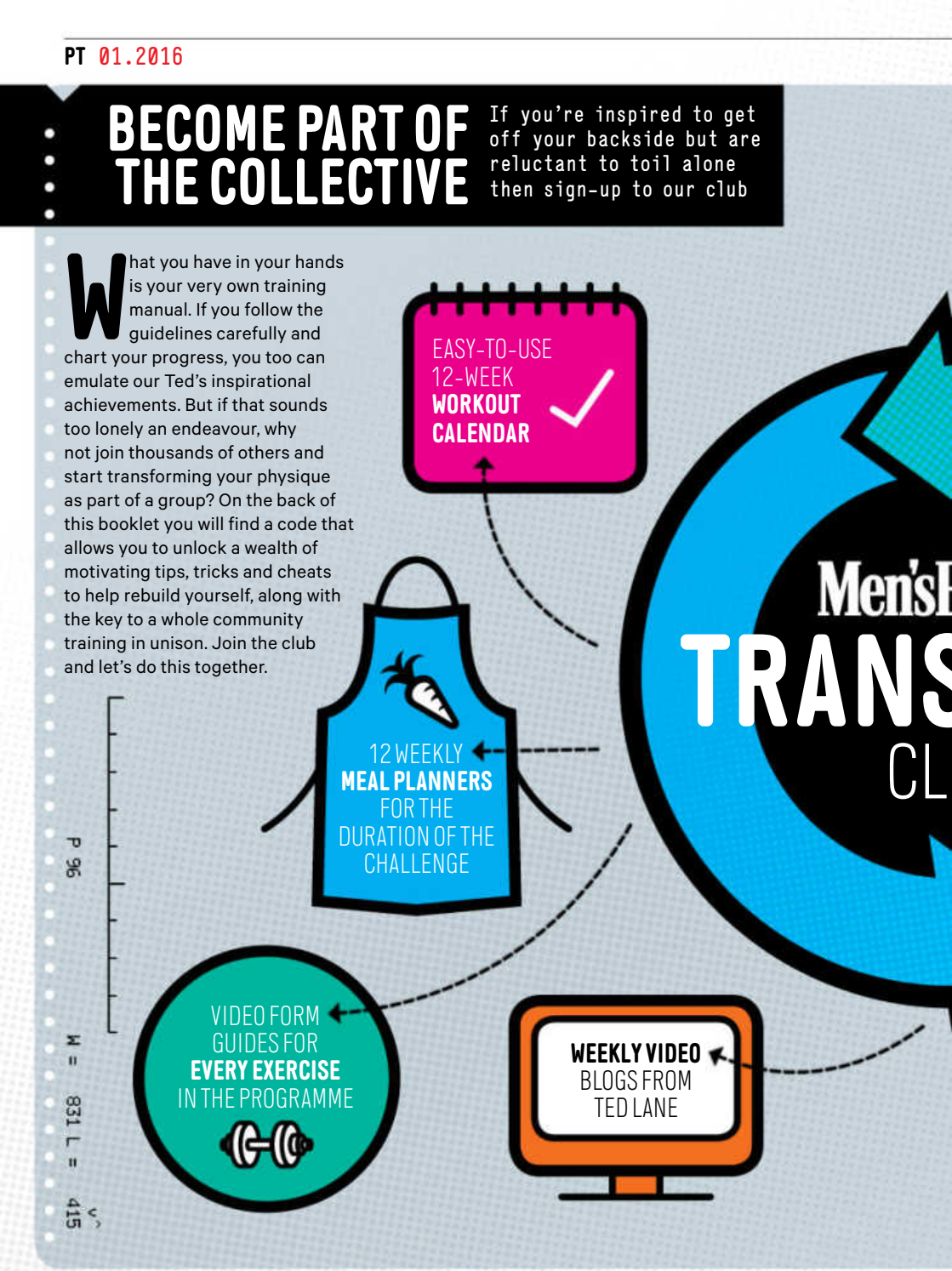
PHOTOGRAPHY: PHIL HAYNES | GROOMING: SABINE CHAMMAS | JOGGERS AND SHORTS TOPMAN.COM; TRAINERS ADIDAS CLIMAHEAT ROCKET BOOST, NIKE LUNARGLIDE 7 FLASH AND NIKE FREE RUN 2 ALL JDSPORTS.CO.UK


BODY FAT
WAS 23.5%
NOW 15%
THE KNOWLEDGE
EXPERIENCE A trainer since the age of 17, Brett Durney has been PT to a Prime Minister and now owns an elite studio in London
CONTACT
sohofitnesslab.com
@sohofitnesslab

BECOME PART OF THE COLLECTIVE

If you're inspired to get off your backside but are reluctant to toil alone then sign-up to our club

What you have in your hands is your very own training manual. If you follow the guidelines carefully and chart your progress, you too can emulate our Ted's inspirational achievements. But if that sounds too lonely an endeavour, why not join thousands of others and start transforming your physique as part of a group? On the back of this booklet you will find a code that allows you to unlock a wealth of motivating tips, tricks and cheats to help rebuild yourself, along with the key to a whole community training in unison. Join the club and let's do this together.



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UPPER BODY

HIGH REPS, HIGH REWARD

WORKOUT 1

You won't get any lighter lifting heavy. For the first phase, drop the weight and up the reps. This raises your heart rate and fires up your metabolism for the weeks ahead. You can sweat the big stuff later

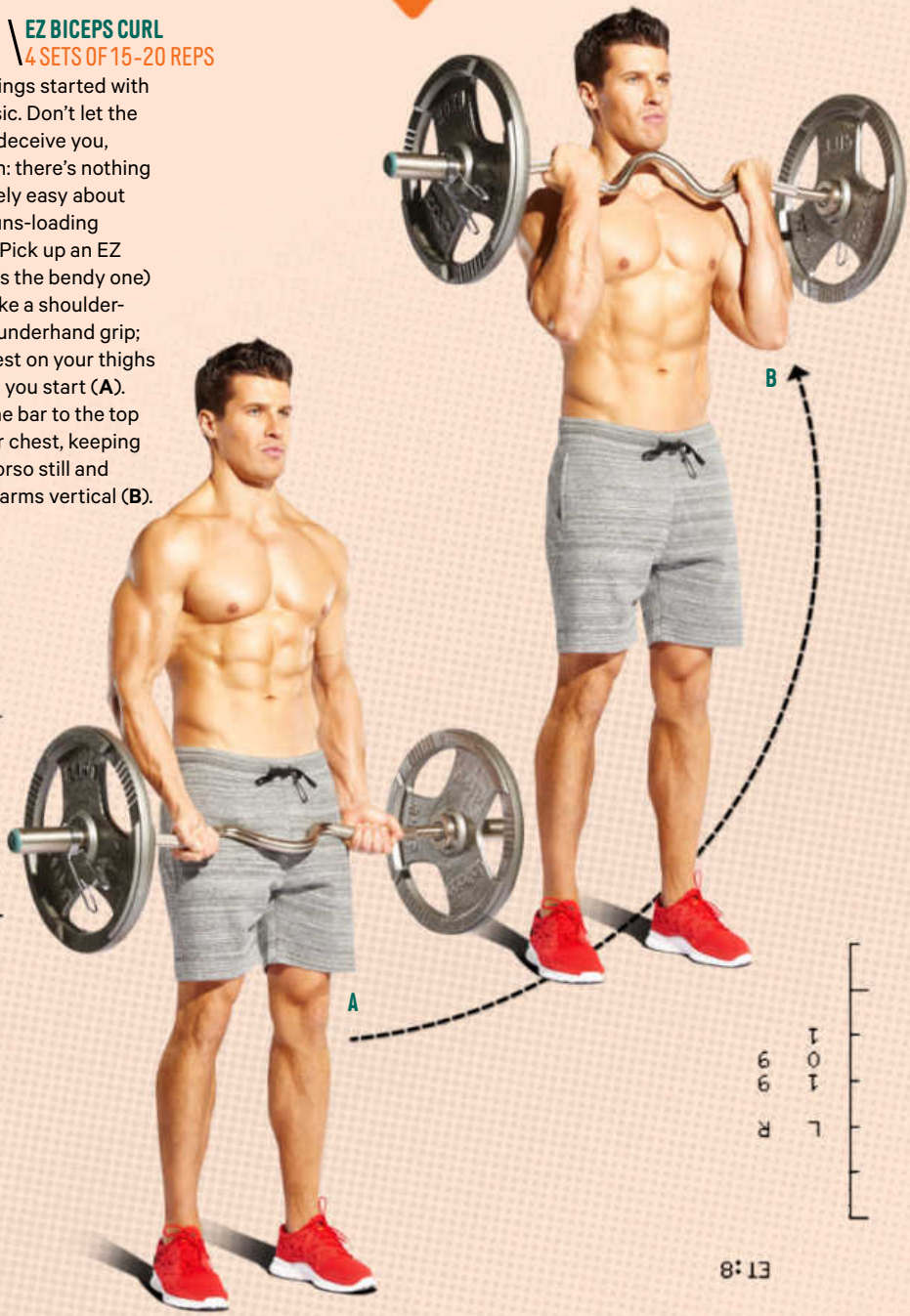
PERFORM THIS
MON & THUR

REST PERI
60 SEC



01 EZ BICEPS CURL
4 SETS OF 15-20 REPS

Get things started with a classic. Don't let the name deceive you, though: there's nothing remotely easy about this guns-loading move. Pick up an EZ bar (it's the bendy one) and take a shoulder-width underhand grip; let it rest on your thighs before you start (**A**). Curl the bar to the top of your chest, keeping your torso still and upper arms vertical (**B**).

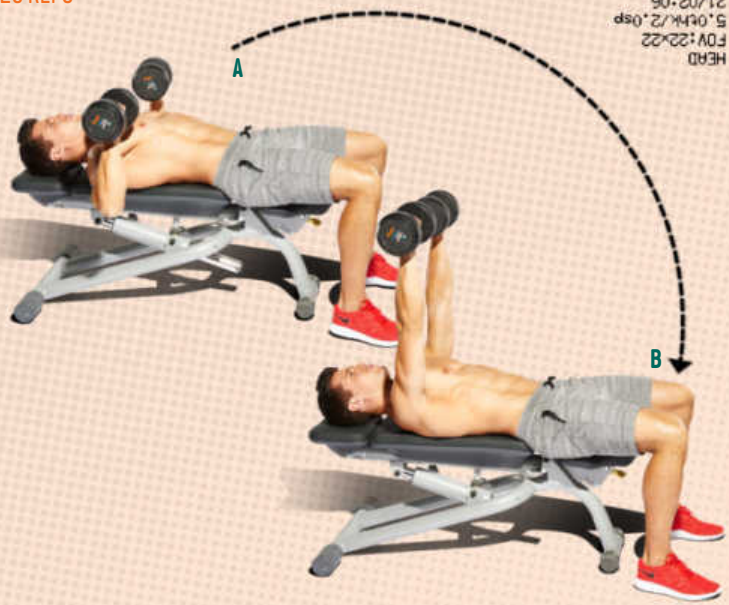


FOR ALL WORKOUTS, PHOTOGRAPHY: PHIL HAYNES | GROOMING: SABINE CHAMMAS | MODEL: LEE PHILLIPS AT ANDI PETERS' MODELS

SUPERSET

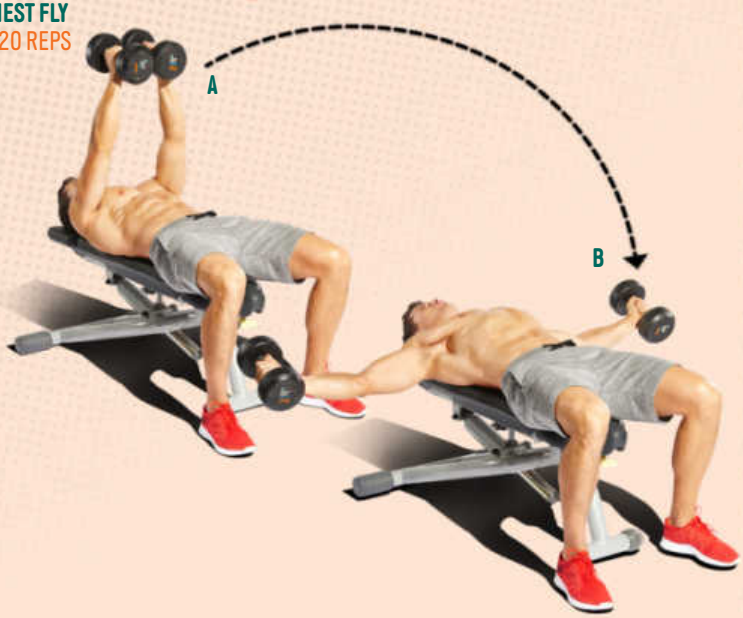
02a DUMBBELL BENCH PRESS
4 SETS OF 15-20 REPS

This is your first superset and your shortcut to a bigger chest. Grab a pair of medium-heavy dumbbells and lie flat, the weights in line with your chest (**A**). Press them by contracting your pecs and triceps until your arms are fully extended (**B**). Be careful with your form on the way down; the risk of dropping your weight is one thing, but injury this early is highly undesirable.



02b DUMBBELL CHEST FLY
4 SETS OF 15-20 REPS

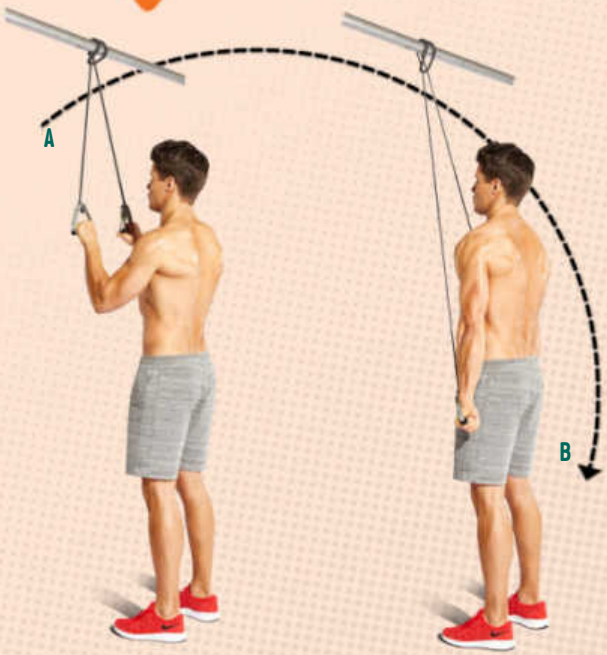
Presses are only half the story. Stay on the same bench, but drop the weight a bit. Hold the dumbbells above you with arms extended and palms facing each other (**A**). Slowly lower your arms to your sides, keeping your elbows slightly bent (**B**). Reverse the motion, squeezing at the top to fully engage your pecs. Rest for 60 seconds and return to the press.



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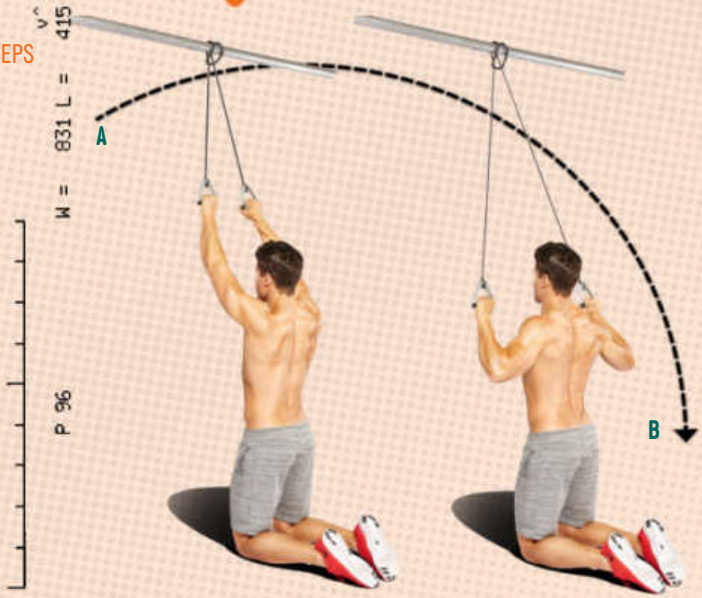
03 \ TRICEPS ROPE EXTENSION
4 SETS OF 15-20 REPS

Don't be tempted to cheat with this one. It's tough, but proper form will guarantee shirt sleeve-filling triceps. Stand in front of a cable station with a rope attachment secured; grab both handles and tuck your elbows in at your sides (**A**). Tense your core to avoid poor form, then press your arms down until they're fully extended (**B**).



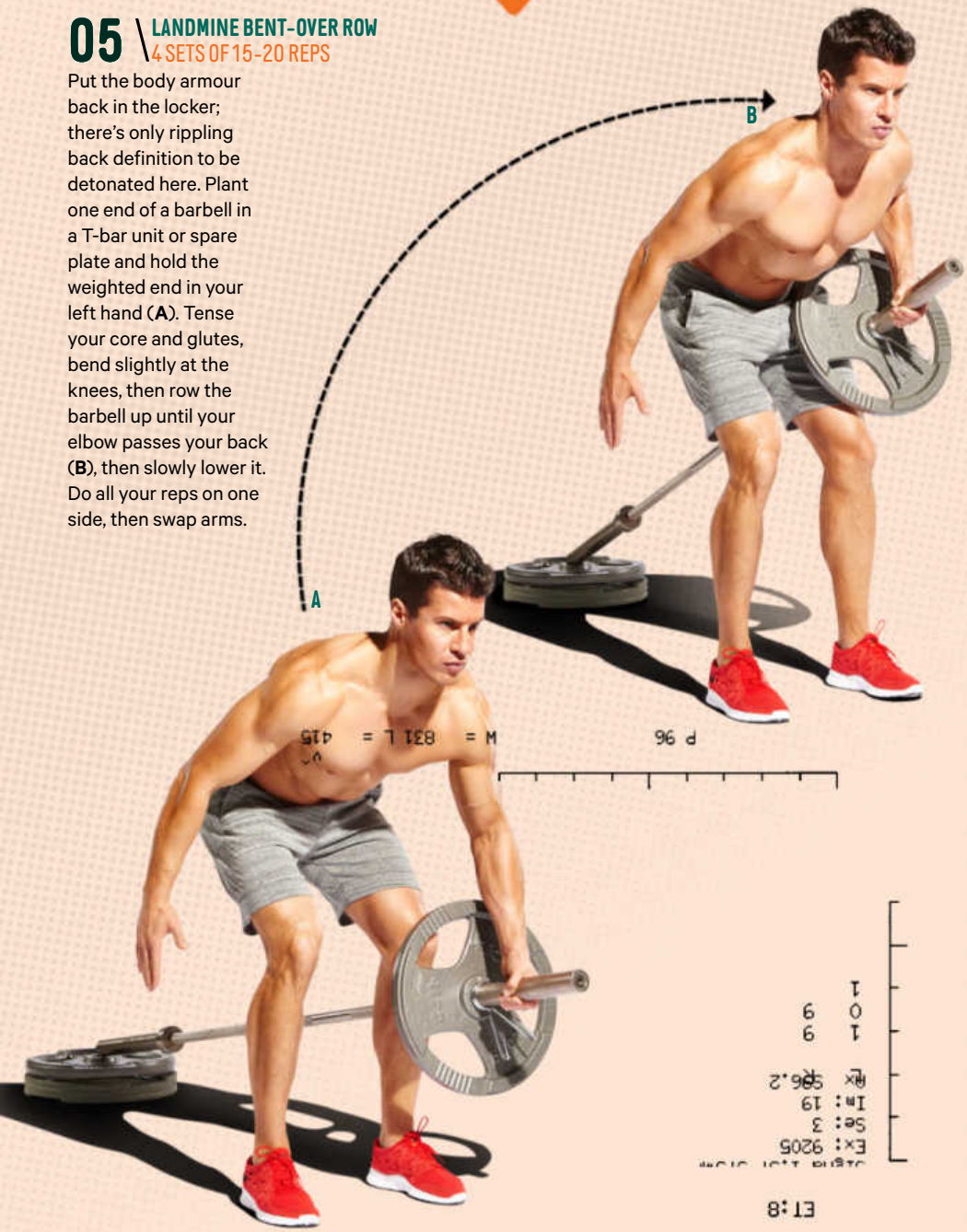
04 \ LAT PULL-DOWN
4 SETS OF 15-20 REPS

This move gives your lats a workout, but don't go thinking they're working alone: your biceps add their weight to the equation, and your core needs to be tensed throughout. Sit at the machine and grab the handles above you with an overhand grip, hands shoulder-width apart (**A**). Puff your chest out and pull the handles down (**B**), making sure your torso doesn't move.



05 LANDMINE BENT-OVER ROW
4 SETS OF 15-20 REPS

Put the body armour back in the locker; there's only rippling back definition to be detonated here. Plant one end of a barbell in a T-bar unit or spare plate and hold the weighted end in your left hand (**A**). Tense your core and glutes, bend slightly at the knees, then row the barbell up until your elbow passes your back (**B**), then slowly lower it. Do all your reps on one side, then swap arms.



WORKOUT 2

LOWER BODY

MAX YOUR KCAL BURN

They may look weedy in shorts (for now) but the legs house your largest muscles. This workout stacks up reps at the start to fatigue them and edge your calorie burn to 1000. Best sidestep the stairs tomorrow...



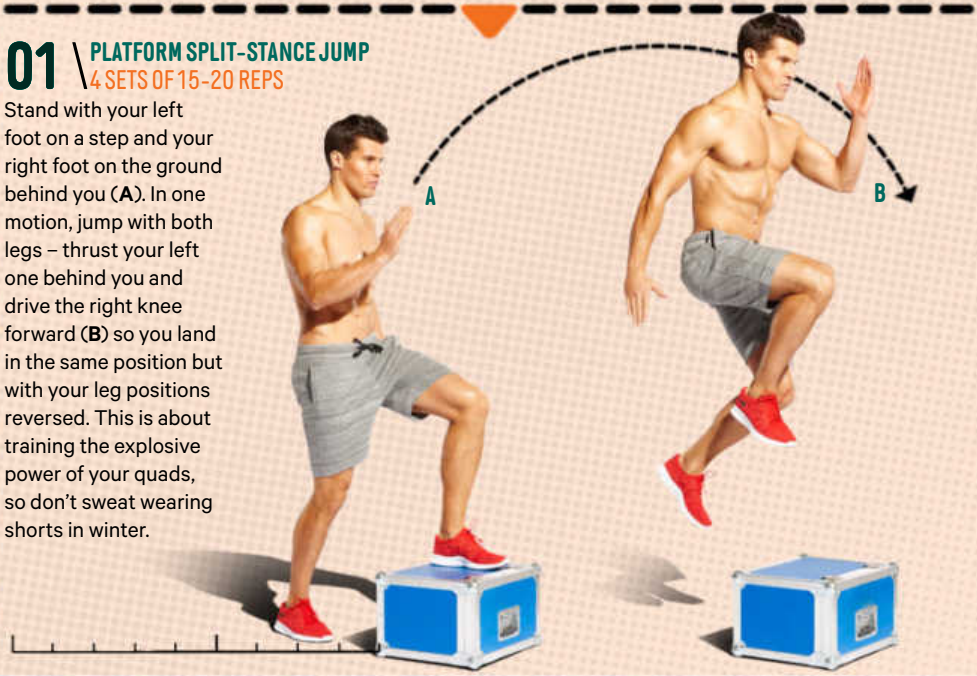
PERFORM THIS TUE & FRI

REST PERIOD 60 SECONDS

01 PLATFORM SPLIT-STANCE JUMP

4 SETS OF 15-20 REPS

Stand with your left foot on a step and your right foot on the ground behind you (**A**). In one motion, jump with both legs – thrust your left one behind you and drive the right knee forward (**B**) so you land in the same position but with your leg positions reversed. This is about training the explosive power of your quads, so don't sweat wearing shorts in winter.



SUPERSET

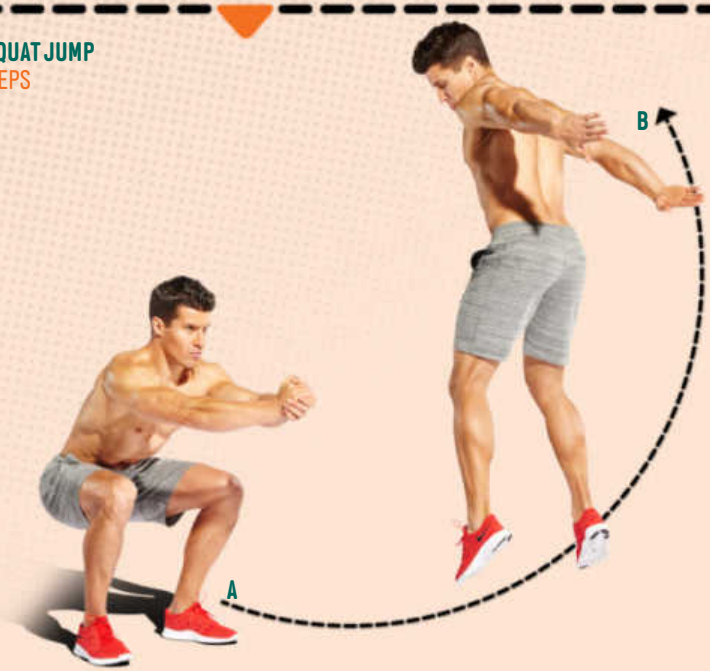
02a \ ALTERNATING LUNGE
4 SETS OF 15-20 REPS

Be warned: lower body supersets are tough. Weighted lunges strengthen your quads and glutes, prepping them to burn out with the squat jumps. Hold dumbbells with palms facing in (**A**). Step forward with your right leg. When your left knee almost touches the floor (**B**), squeeze your quads to stand, then repeat with your left leg. Do one set then move on to the squat jumps with zero rest.



02b \ PLYOMETRIC SQUAT JUMP
4 SETS OF 20 REPS

If you haven't yet jumped onto the plyo bandwagon, it's time to take your training to new heights. Squat until your thighs are parallel with the ground, keeping your torso upright (**A**). Jump up explosively as high as you can (**B**), twisting in the air so that you land facing the other way. Your quads will be tired, so push hard through the reps. Rest 60 seconds then go back to the lunges.



TO SUPP, OR NOT TO SUPP?

TO SUPP. BUILDING STRENGTH MEANS OPTIMISING YOUR DIET SO YOU CAN LEAVE IT ALL ON THE GYM FLOOR; SUPPS ARE AN EASY WAY OF GETTING THE NUTRITION YOUR BODY NEEDS – FAST

01/ DRINKING PROTEIN SHAKES FACILITATES FASTER RECOVERY

A study in the *British Journal of Sports Medicine* found that supplements were effective in aiding recovery, promoting muscle mass and facilitating strength. The study included beginners and trained athletes, so you can get the results no matter your level.

02/ SHAKES ARE A VERY CONVENIENT WAY OF GETTING PROTEIN

Gym lore preaches getting protein to your muscles as soon as possible after your workout; science agrees. It's called the anabolic window and it's the optimal time to build strength and size. Firing up an oven for a steak is tricky in the changing room, but protein shakes deliver the nutrition you need to recover.

03/ SUPPS WILL GIVE YOU MORE THAN NATURAL SOURCES OF PROTEIN

Just 100g of BULK POWDERS™ Pure Whey Protein™ powder will plate up a whopping 80g of protein. The same amount of chicken, however, will only offer 27g. We're not saying stick only to supplements – a powder burger is something no man should eat – but when it comes to upping your intake, supps are the way to go.

04/ SHAKES WILL HELP TO SUSTAIN YOUR MUSCLE GAINS

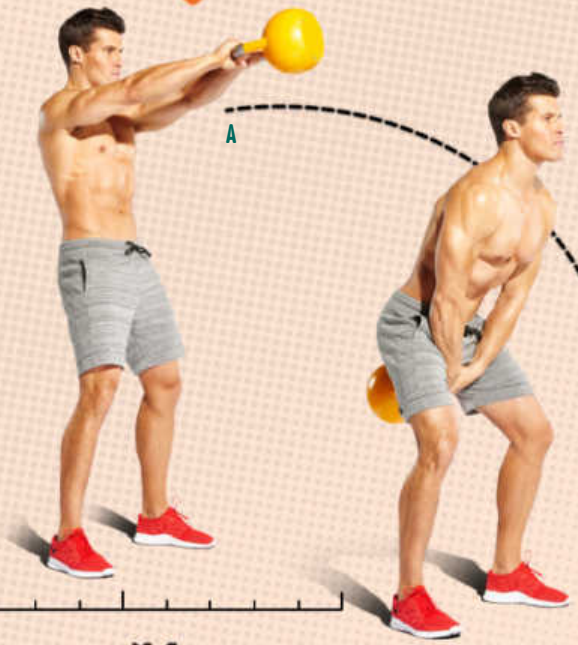
If you do miss a day, supps help you stay on course: Canadian scientists found that creatine can maintain your physical prowess even when you miss a training session.

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03 KETTLEBELL SWING
4 SETS OF 15-20 REPS

Swinging a kettlebell about does wonders for your back, but the real momentum of the move comes from your glutes. Stand with feet wider than shoulder-width, then bend at the knees and waist to pick up a kettlebell. Keeping your back straight, swing it between your legs, then drive with your hips to lift it to shoulder height (**A**). Let momentum carry it back down (**B**).



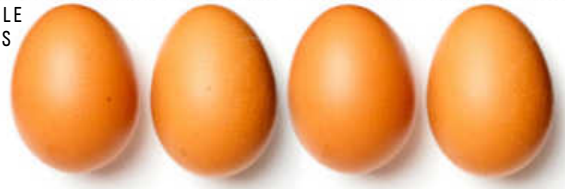
04 SINGLE-ARM FRONT SQUAT
4 SETS OF 15-20 REPS

Grab a kettlebell and hold it just behind your shoulder, with legs slightly wider than shoulder-width apart (**A**). Lower into a squat by bending at the hips and knees, keeping your head up and torso upright (**B**). Tensing your glutes will keep all things posterior in check. Swap sides after you've completed each set, then wobble off for a sit down.

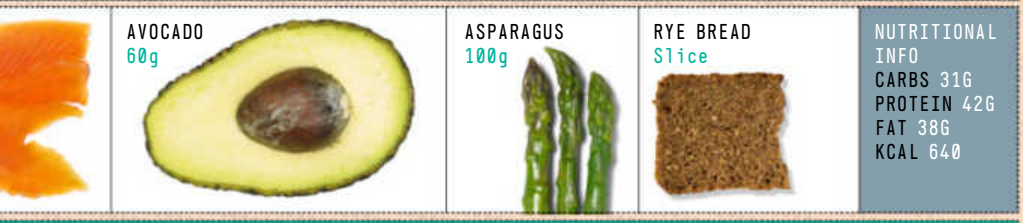


FISH FOR MUSCLE AND HARPOON FAT

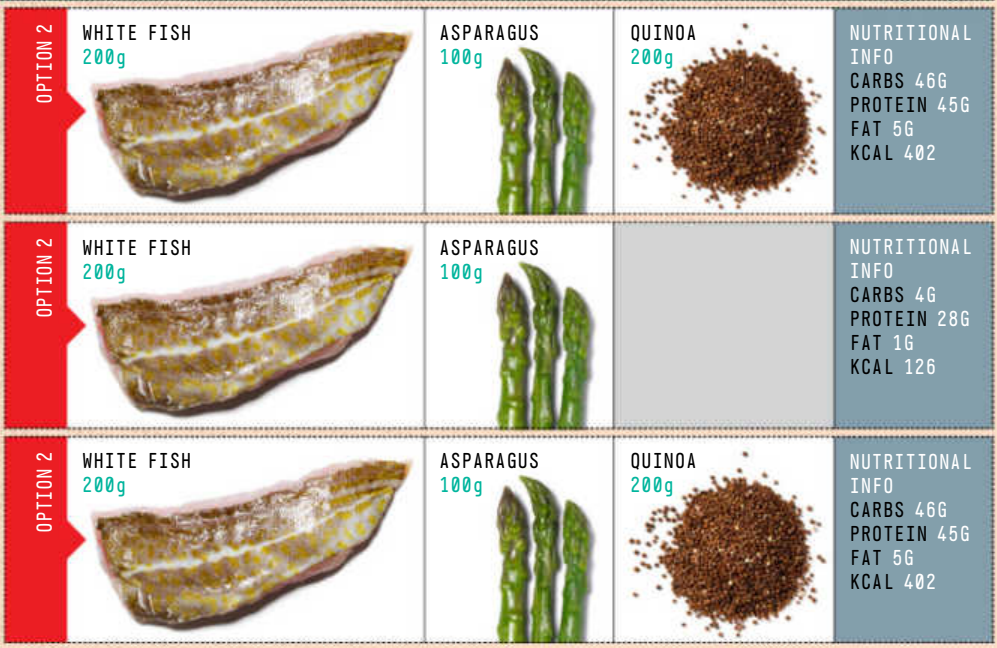
A seafood-centred diet will help you land your goals. Follow this plan for off-the-hook gains

TIME	INGREDIENTS				
08:00 BREAKFAST	WHOLE EGGS x4 	SMOKED SALMON 50g 			
11:00	POST-WORKOUT PROTEIN SHAKE				
13:00 LUNCH	OPTION 1	TUNA STEAK 200g 	BROCCOLI 100g 	SWEET POTATO 200g 	NUTRITIONAL INFO CARBS 41G PROTEIN 53G FAT 11G KCAL 484
15:30 SNACK	OPTION 1	TUNA STEAK 150g 	BROCCOLI 100g 		NUTRITIONAL INFO CARBS 7G PROTEIN 37G FAT 8G KCAL 250
18:30 DINNER	OPTION 1	TUNA STEAK 150g 	BROCCOLI 100g 	SWEET POTATO 200g 	NUTRITIONAL INFO CARBS 41G PROTEIN 53G FAT 11G KCAL 484
21:00 PRE-BED SNACK	LOW-FAT GREEK YOGHURT 100g 	BLUEBERRIES 50g 	ALMOND BUTTER 15g 		NUTRITIONAL INFO CARBS 12G PROTEIN 15G FAT 9G KCAL 182

Welcome to meal prep 101. Not only is your first month of fishy meals the perfect balance of carbs, protein and fat to burn ballast and grow new muscle, it's also carefully constructed to minimise faff. Make each dinner the same as tomorrow's lunch and you can alternate between the meals below, cooking in bulk to save money. Tupperware is your catch of the day.



CARBS 3G PROTEIN 24G FAT 4G KCAL 104



PHOTOGRAPHY: DAN MATTHEWS, HEARST STUDIOS AND GETTY

YOUR NEW-BODY MATRIX

THE BUILDING BLOCKS OF NEW MUSCLE MASS

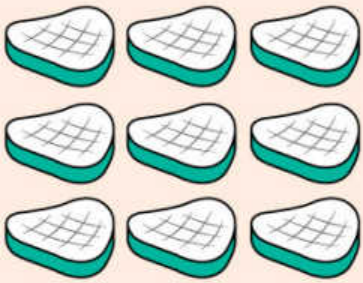
In addition to your monthly meals, we've broken down the daily ratio of macronutrients you should be aiming for. This will give you a better understanding of the types of foods you should be choosing (and avoiding) if you want to divert from Ted's diet*

HEAD
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5.0thk/2.0sp
21/02:06
512X224/1.00 NEX
FCs/St:I/VB/ED/1

PROTEIN

224g

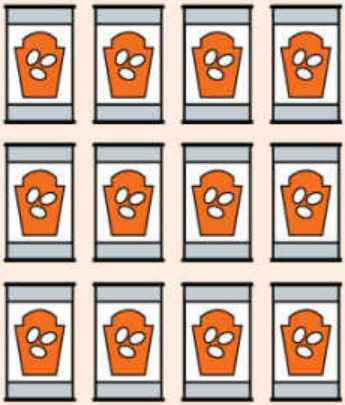
Yes, it seems high, but upping your protein intake for the initial stages of your transformation is crucial. When training starts in earnest your muscles will need all the support they can get. Plus, protein-based foods have a low GI, helping you to feel full for longer. You won't miss the carbs. Much.



TUNA STEAKS – 9

Choose wisely. This sushi staple is as close to pure protein as you'll find. Herr Heinz, however, provides 26g of unwanted carbs per portion.

VS



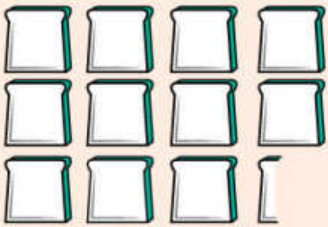
BAKED BEANS – 12 TINS

*BASED ON THE NEEDS OF A 80KG MAN (IE TED) | WORDS: TED LANE | ILLUSTRATIONS: ROBERT GUDDEM

CARBS

135g

Welcome to your new low-carb lifestyle. It's necessary because a diet high in carbohydrates stimulates the release of insulin, too much of which disrupts the body's ability to burn fat. It's so long to sandwiches. Sorry, gents.



WHITE BREAD – 11.25 SLICES

VS



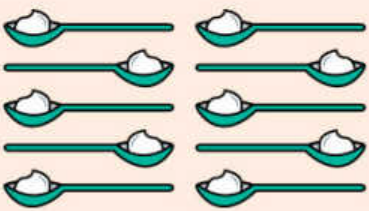
SWEET POTATOES – 5.2

With four times the fibre and far more vitamins, sweet spuds are the smart bulk-builder's carb of choice.

FAT

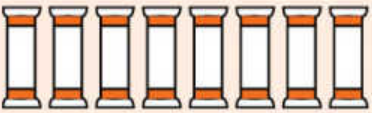
81g

This eating plan exists as proof that if you select the right type of fat, it can play an important role in weightloss and improve your body composition. Up your intake for Phase One to see your body-fat percentage plummet.



ALMOND BUTTER – 10TBSP

VS



MARS BARS – 8

A tbsp of nut butter contains fewer than half the calories of a Mars Bar. Sate your sweet tooth advisedly.



GIVE YOURSELF AN EDGE
Shakes offer more protein per serving than meat

EXPERT OPINION
SIMON JURKIW

SPORTS NUTRITION CAN BE DAUNTING, BUT IT NEEDN'T BE. WE SPOKE TO SIMON JURKIW, PRODUCT DIRECTOR AT BULK POWDERS, TO GET THE LOW-DOWN ON WHY YOU NEED TO CASH IN



How crucial are supplements to a training programme of a high intensity?

It depends on the individual's diet. If they are already eating regular small meals throughout the day and getting enough protein in their diet – about 2g/kg – then it's less essential. However, a lot of people don't fall into that group. In that case, supplements help to provide you with a convenient, high-quality source of protein.

Some beginners may be nervous about taking supplements. Are they safe?

Ultimately, supps are food. They're governed under the same laws and have the same regulations, such as with Trading Standards. There are countless studies and meta-analyses concluding that it's perfectly safe. As long as you stick to a reputable brand, you will be fine.

What is the most important supp for those looking to build their size and strength?

If people are struggling to build size, then it's usually a lack of protein that is the problem, in which case they'll need something like BULK POWDERS™ Informed Whey®. It contains the highest grade of whey alongside protein synthesis spiking leucine in a unique format. If you're really struggling for size, then you can consider adding Dextrose or Vitargo.

What's the best advice you'd give someone looking to start using supplements?

Sports nutrition will optimise your results. You can get results without them, but to really be your best, it's advisable to supplement your diet with a range of products.

What makes BULK POWDERS different?

BULK POWDERS™ are the first supplement company to have full transparency across all our products. We list the exact amount of all our ingredients on our labelling rather than grouping them under some vague, misleading term like a 'Pump Matrix'.

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PERFORMANCE DELIVERED.

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THE UK'S NUMBER 1 WHEY*

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35g PROTEIN PER SERVING

6.1g BCAAs PER SERVING

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SCI-MX NUTRITION

you at your best

*Source AC Nielsen 52 week ending 10-10-15

WORKOUT 3

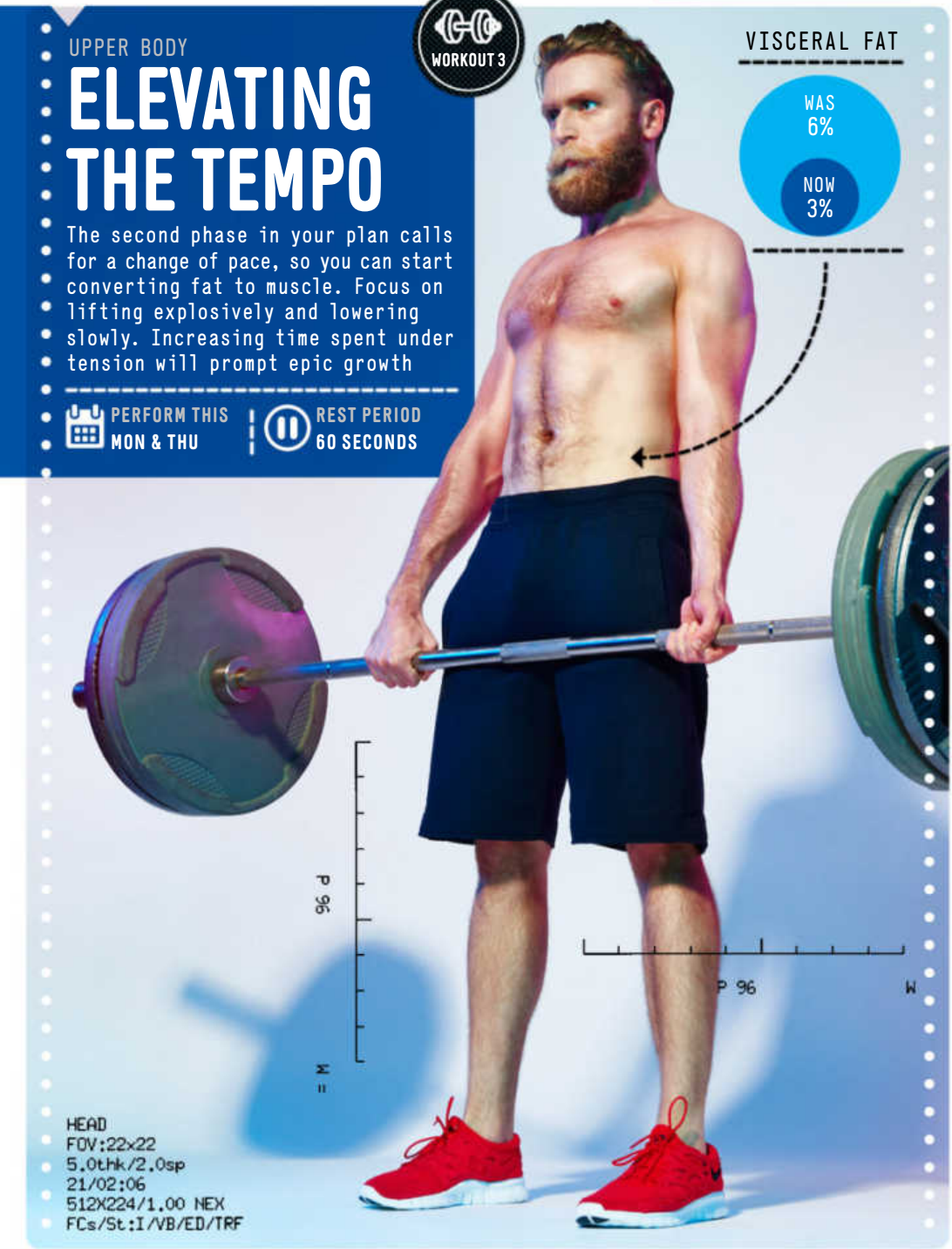
UPPER BODY

ELEVATING THE TEMPO

The second phase in your plan calls for a change of pace, so you can start converting fat to muscle. Focus on lifting explosively and lowering slowly. Increasing time spent under tension will prompt epic growth

PERFORM THIS
MON & THU

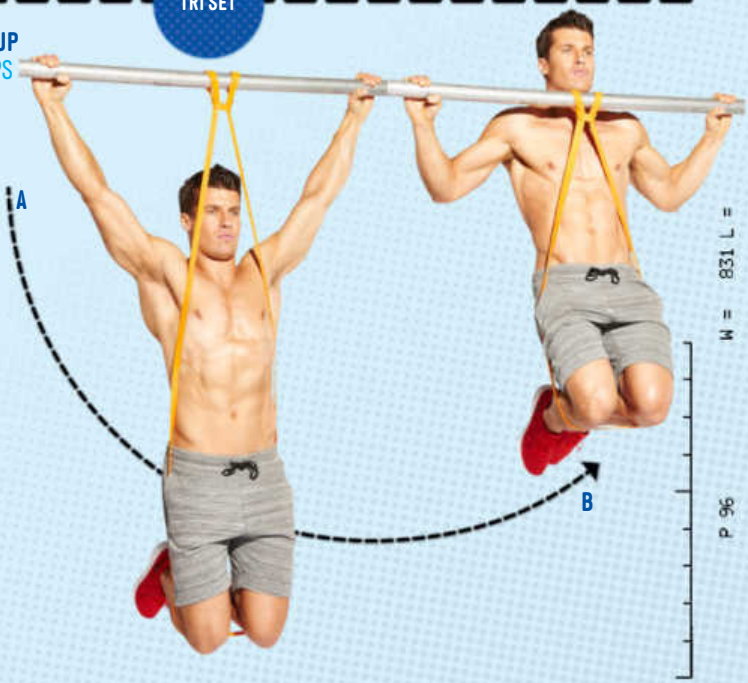
REST PERIOD
60 SECONDS



TRI SET

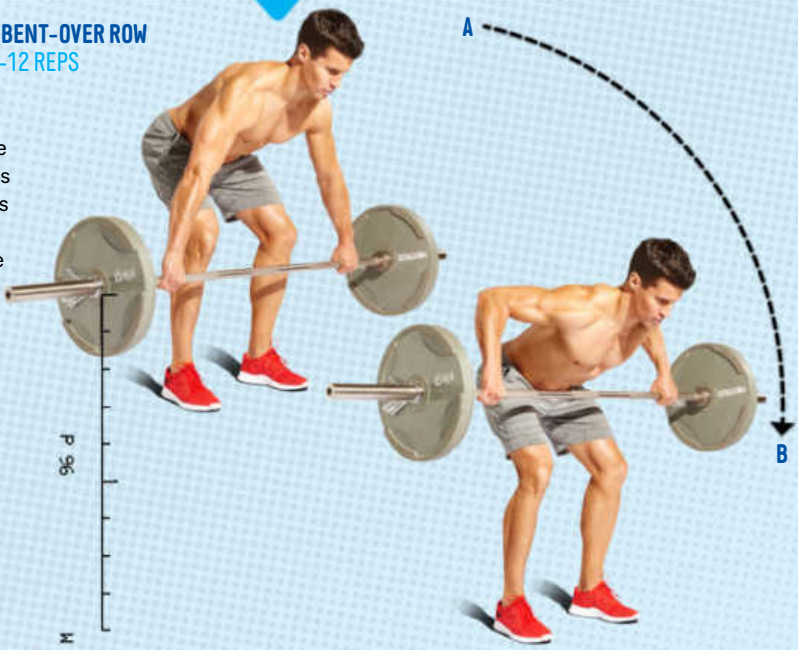
01a WIDE-GRIP PULL-UP
4 SETS OF 8-12 REPS

Your supersets have just been upgraded to tri sets: three moves, back-to-back, no rest. Using either a looped band or an assistance machine, grab a bar using a wide grip (**A**). Squeeze in your shoulder blades, tense your core and pull your chin up and over the top (**B**). Slowly lower and repeat. Move straight over to the barbell once you've finished your first set.



01b WIDE-GRIP BENT-OVER ROW
4 SETS OF 8-12 REPS

These rows don't just put a strain on your upper lats; the squeeze to your shoulder blades will also take your traps and biceps to a whole new level. Using a wide overhand grip on a barbell, hinge over at the waist and slightly bend your knees to a dead hang position (**A**), then row the bar up to your ribs (**B**). Lower to the start.



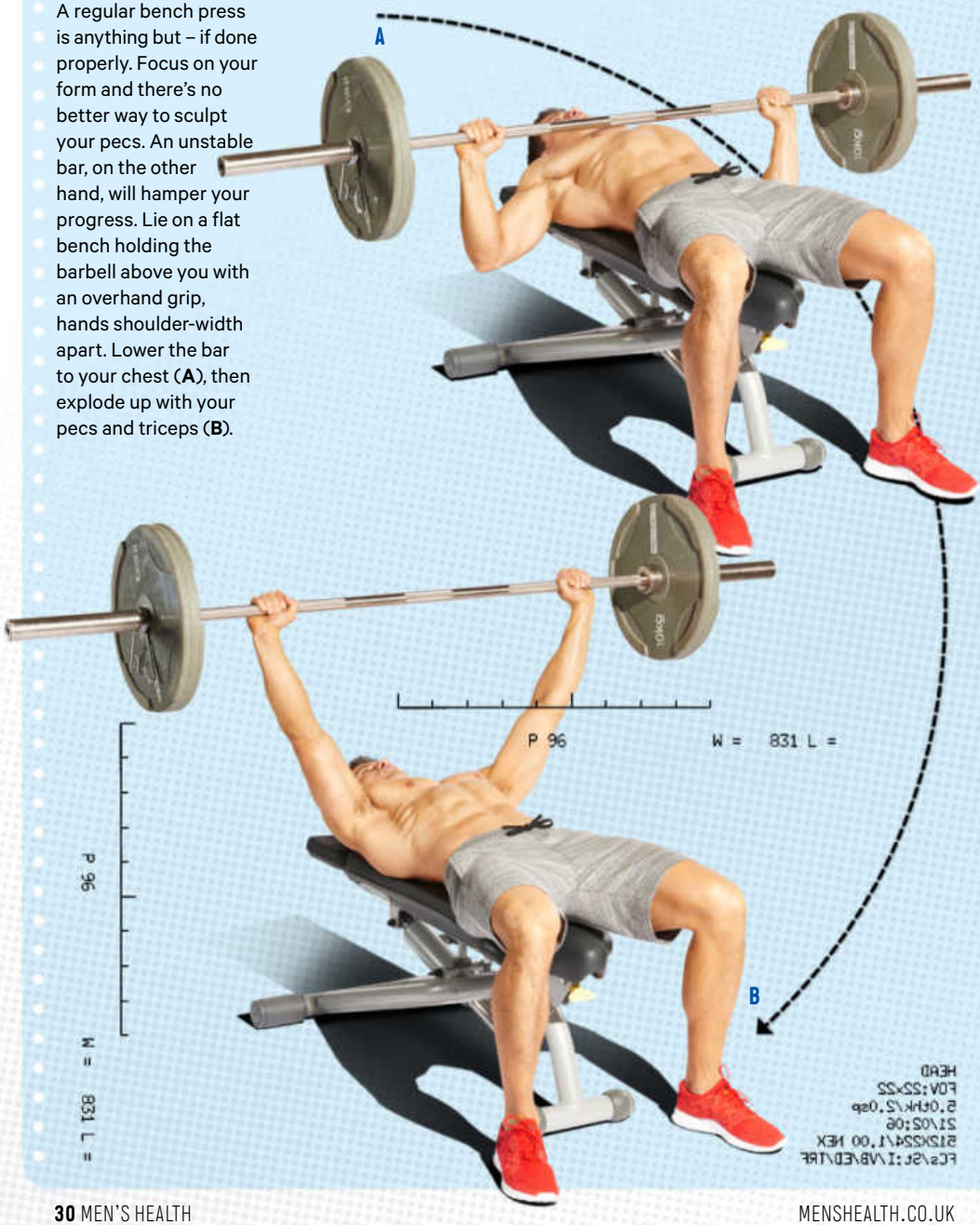
01c INCLINED BICEPS CURL
4 SETS OF 8-12 REPS

Set your bench to an incline position and hold dumbbells with an underhand grip and elbows slightly bent (**A**). Curl the dumbbells up to your chest by contracting your biceps, trying to keep your elbows in a fixed position (**B**), then lower them. This is a tough end to the tri set, so try to push through the burn to complete the set. Rest, then go back to the pull-ups.



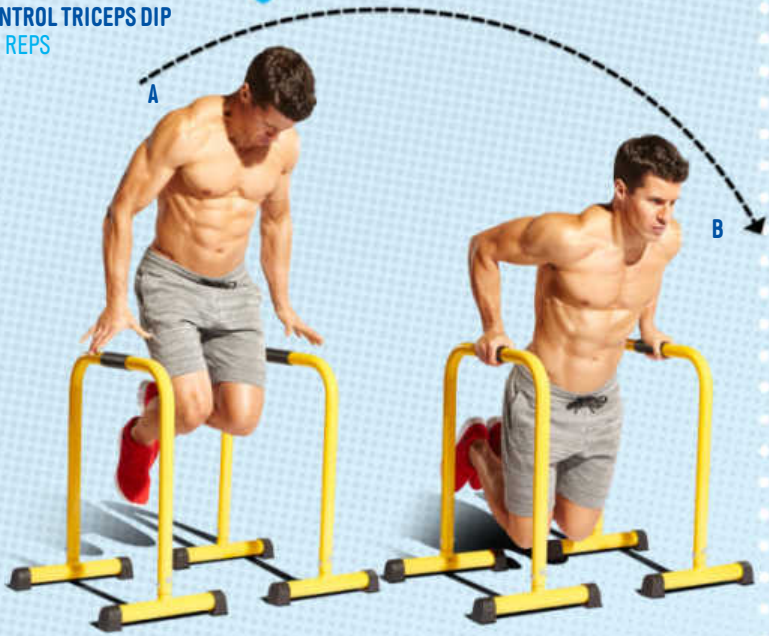
02 \ BARBELL BENCH PRESS
4 SETS OF 8-12 REPS

A regular bench press is anything but – if done properly. Focus on your form and there's no better way to sculpt your pecs. An unstable bar, on the other hand, will hamper your progress. Lie on a flat bench holding the barbell above you with an overhand grip, hands shoulder-width apart. Lower the bar to your chest (**A**), then explode up with your pecs and triceps (**B**).



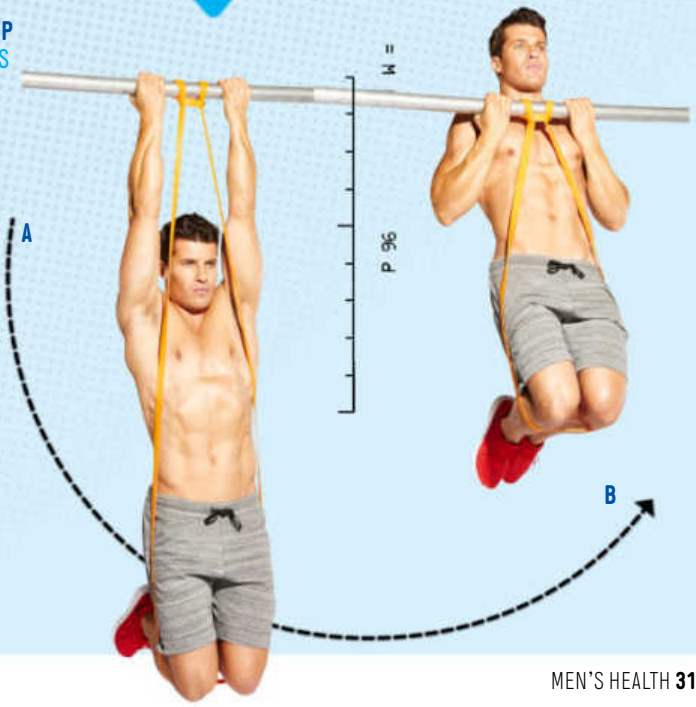
03 ECCENTRIC CONTROL TRICEPS DIP
4 SETS OF 8-12 REPS

Now is the time to hit your pecs and triceps from another angle. With a parallel bar to either side, jump up and catch yourself (**A**); you should have your arms fully extended at the top of the 'dip'. Slowly lower yourself down so your arms hit 90 degrees (**B**), then drop back to your feet. Accentuate the move as you lower to reap the big arms benefit.



04 CLOSE-GRIP CHIN-UP
14 SETS OF 8-12 REPS

By narrowing your grip for this move, you will make the focus on your biceps much more acute. Again, assist yourself by attaching a band, buddying up with a spotter or using a machine. With your palms facing behind you (**A**), tense your core and glutes and pull up until your chin has cleared the bar (**B**), then slowly lower back to a deadhang again, under control.



WORKOUT 4

LOWER BODY

SERVE FAT A LOW BLOW

This short yet mean workout finishes with two major lower-body moves: deadlifts and squats. Done right, they're the heart of any strength-building plan. But first, let's prime those tired muscles





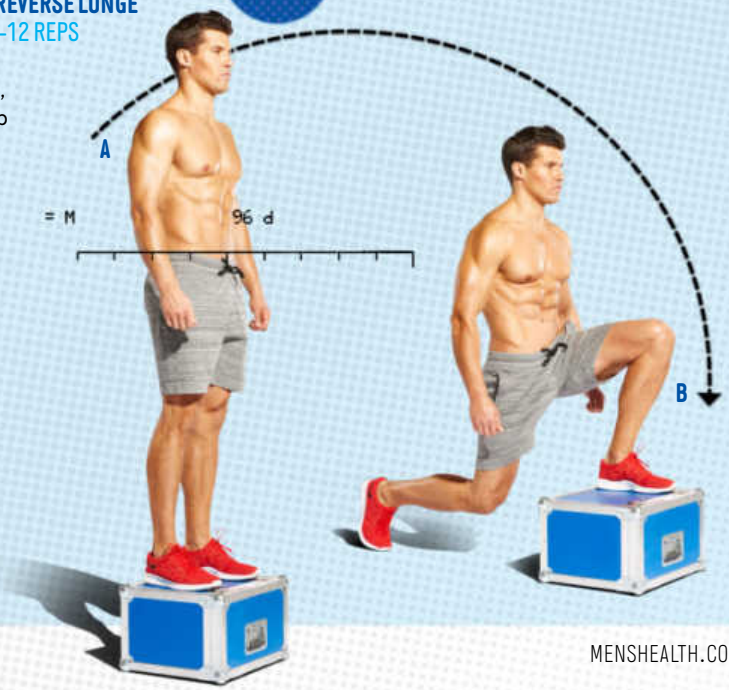
PERFORM THIS
WED & FRI

REST PERIOD
60 SECONDS

TRI SET

01a \ PLATFORM REVERSE LUNGE
4 SETS OF 8-12 REPS

Start this versatile move standing upright, with both feet on a step or platform (**A**). Step back with your right foot, bending your left knee at the same time to end in an upright lunge (**B**). Drive your right knee back to the start. Complete all of your reps on one side before switching legs, then move straight on to the hip thrusters.



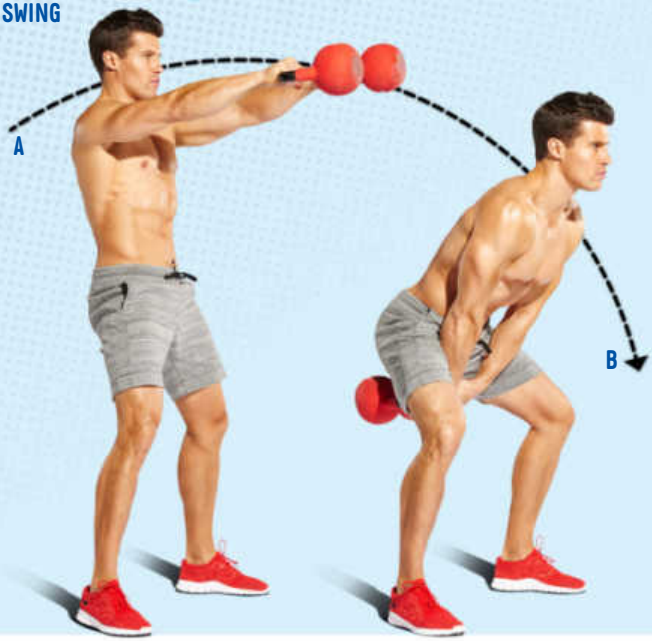
01b BARBELL HIP THRUSTER
4 SETS OF 8-12 REPS

Begin this one with your shoulders resting on a flat bench, feet planted on the floor and a barbell resting across your hips (**A**). Holding the barbell with both hands to stop it rolling down your torso, thrust your hips into the air (**B**). It's not the most graceful of moves, but your glutes and hip flexors will thank you for it. Finish your set and get ready for the final tri set move.



01c DOUBLE KETTLEBELL SWING
4 SETS OF 8-12 REPS

If you're not convinced a regular swing is going to cut it, double up. The extra kettlebell will increase the workload for your legs – and test your coordination. Start in a wide stance with your back straight. Now thrust your hips forward to swing the weights up to shoulder height (**A**), then drop back in a controlled fashion (**B**). Watch out for your shins. Rest and return to the lunges.



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YOUR MUSCLES ARE BREAKING DOWN

Shifting weights tears muscle. This facilitates better growth, but it hurts: follow each session with a protein shake to repair faster and get stronger.

YOUR DEFENCES NEED BOLSTERING

Intense workouts blitz your immune system, so reinforcing with vitamin supps will stem the tide of antibodies.

IT'S HIGH TIME TO UP THE ANTE

BULK POWDERS™ understands the difficulties of getting back on track in the New Year. One size does not fit all, so each bundle is carefully designed to provide core ingredients that match your wallet, as well as your ambition.

DOMS IS DOMINATING YOUR LIFE

Sustained exercise will increase levels of inflammation throughout the body. Keep your omega-3 intake high to fight inflammation.

YOU FEEL LIKE YOU'VE HIT THE WALL

It happens to the best of us. Get loaded up with pre-workout beforehand to ensure you power through.

YOU'RE NOT GETTING ENOUGH SLEEP

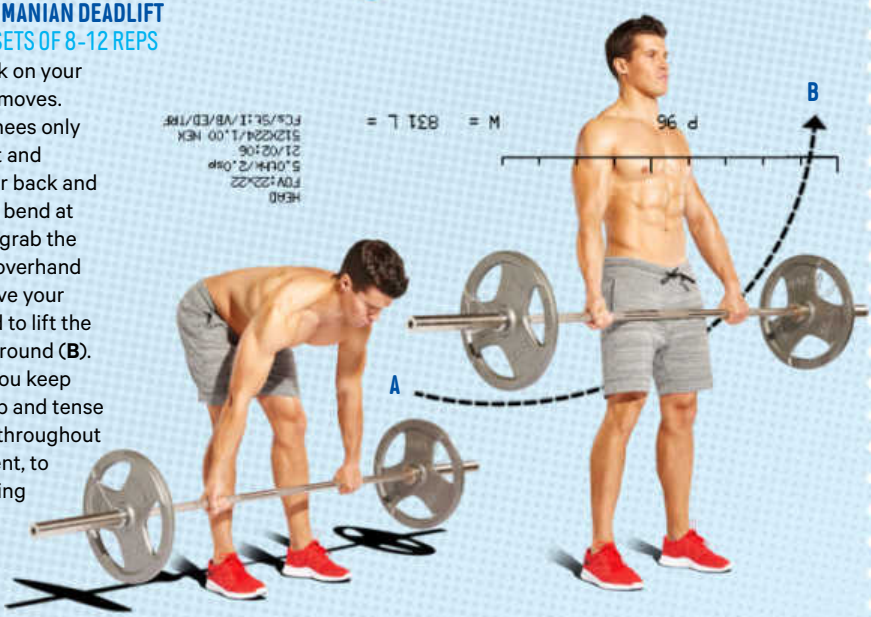
With excess adrenaline coursing through your system, it's no wonder you struggle to get decent shut-eye. Vit D deficiency has been linked to poor sleep, so make sure you're topped up on bottled sunshine to keep your body in rhythm.

BULK POWDERS™ PERFORMANCE DELIVERED.

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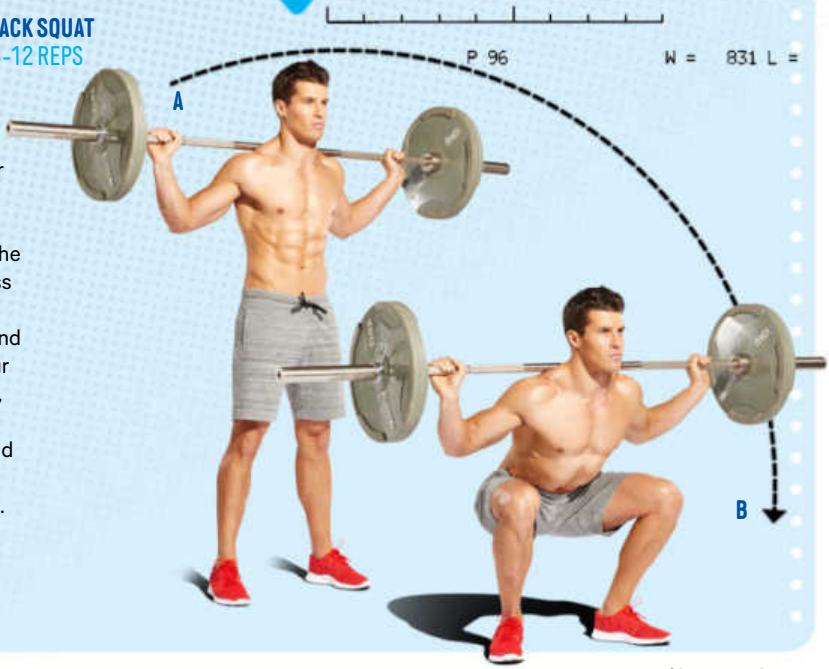
02 ROMANIAN DEADLIFT
4 SETS OF 8-12 REPS

Time to work on your pure power moves. With your knees only slightly bent and keeping your back and hips square, bend at the waist to grab the bar with an overhand grip (**A**). Drive your hips forward to lift the bar off the ground (**B**). Make sure you keep your head up and tense your glutes throughout the movement, to avoid rounding your back.



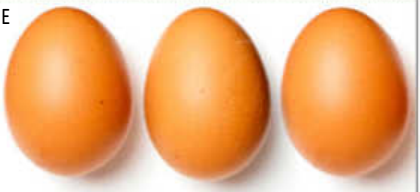
03 BARBELL BACK SQUAT
4 SETS OF 8-12 REPS

Do you even squat, bro? You should. Heavy squats are proven to boost your testosterone, which equals whole-body growth. Stand with the barbell resting across your upper back, taking a wide overhand grip (**A**). Engage your core and look ahead, then squat down to 90 degrees (**B**). Stand back up, secure the bar, then hit the sofa.



POULTRY EFFORT FOR BIG RETURNS

Make fowl your ally at this midway point and it will help build muscle, burn fat and boost energy

TIME	INGREDIENTS			
08:00 BREAKFAST	WHOLE EGGS X3 	SMOKED SALMON 50g 	ALM 20g 	
11:00	POST-WORKOUT PROTEIN SHAKE			
13:00 LUNCH	OPTION 1	CHICKEN 200g 	MIXED PEPPERS 200g 	PARSNIPS 100g 
15:30 SNACK	OPTION 1	CHICKEN 200g 	MIXED PEPPERS 200g 	
18:30 DINNER	OPTION 1	CHICKEN 200g 	MIXED PEPPERS 200g 	PARSNIPS 100g 
21:00 PRE-BED SNACK	PORRIDGE OATS 50g 	ALMOND MILK 100ml 	BLUEBERRIES 15g 	

NUTRITIONAL INFO	
CARBS	27G
PROTEIN	26G
FAT	24G
KCAL	397

NUTRITIONAL INFO	
CARBS	9G
PROTEIN	25G
FAT	24G
KCAL	322

NUTRITIONAL INFO	
CARBS	27G
PROTEIN	26G
FAT	24G
KCAL	397

NUTRITIONAL INFO	
CARBS	36G
PROTEIN	6G
FAT	5G
KCAL	212

Right now, food is fuel. Chicken and turkey won't set your tastebuds alight but their protein will stoke your fat-burning furnace. And forget what you think you know about late-night carbs. An evening bowl of porridge will restock your muscles with glycogen, reducing DOMS and ensuring you wake up feeling fresh. It's the perfect plan to get you over the mid-programme hump.

ONDS	SPINACH 50g 	CHERRY TOMATOES 80g 	RYE BREAD Slice 	NUTRITIONAL INFO CARBS 34G PROTEIN 39G FAT 31G KCAL 546
				CARBS 3G PROTEIN 24G FAT 4G KCAL 104
OPTION 2	TURKEY 200g 	CAULIFLOWER 100g 	BROWN RICE 200g 	NUTRITIONAL INFO CARBS 51G PROTEIN 41G FAT 5G KCAL 452
OPTION 2	TURKEY 200g 	CAULIFLOWER 100g 		NUTRITIONAL INFO CARBS 5G PROTEIN 36G FAT 4G KCAL 230
OPTION 2	TURKEY 200g 	CAULIFLOWER 100g 	BROWN RICE 200g 	NUTRITIONAL INFO CARBS 51G PROTEIN 41G FAT 5G KCAL 452

PHOTOGRAPHY: DAN MATTHEWS, HEARST STUDIOS

YOUR NEW-BODY MATRIX

MAKE SURE YOU HAVE THE FUEL TO PERFORM

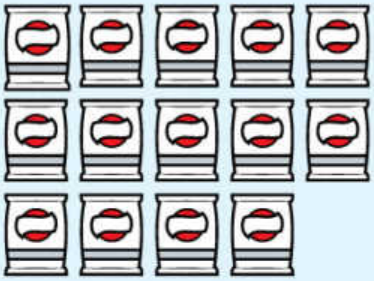
Phase Two sees your protein intake drop and your carb intake increase. Why? Now that your training is in full flow you need to make sure you can sustain the effort. Follow this macro guide and you'll be able to push harder in workouts than ever before

HEAD
FOV:22x22
5.0thk/2.0sp
21/02:06
512X224/1.00 NEX
FCs/St:I/VB/ED/I

CARBS

180g

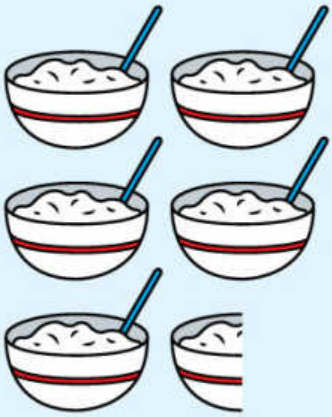
As the workload steps up, refuel yourself with a carby reward to keep your muscles working at max intensity. Timing it before bed minimises the insulin response so you can continue to burn fat while also waking up feeling energised.



WALKERS READY SALTED – 14 PACKETS

Not all carbs are equal; if your snack comes in a foil packet then you're doing it all wrong. Oats provide good, sustainable energy.

VS



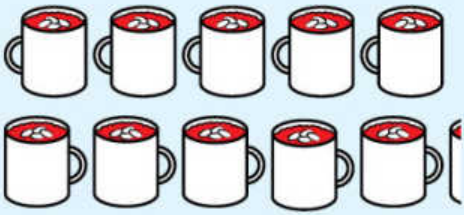
PORRIDGE OATS – 5.5 BOWLS

WORD: TED LANE | ILLUSTRATIONS: ROBERT GUDDEMI

PROTEIN

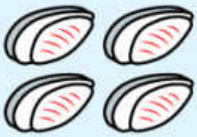
187g

While you might not be chewing with a vengeance anymore, protein continues to play a vital role in your diet, repairing and building muscle to harness the benefits of heavier weights. Your biceps won't go hungry.



LENTILS – 10.3 CUPS

VS



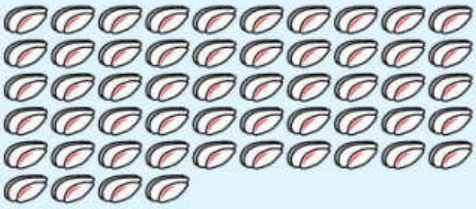
CHICKEN BREASTS – 4

Scoring your protein fix as a veggie isn't easy but pulses and nuts will help you along.

FAT

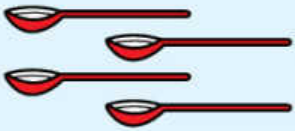
54g

With carbs set high to provide your muscles with fast energy, fat should be kept to a minimum. It's energy dense, packing a lot of calories into a small space. Choose your ingredients wisely to maintain a slimline diet plan.



TURKEY BREAST – 54 THICK SLICES

VS



OLIVE OIL – 4TBSP

While fowl is lean, a few glugs of oil on your salad and you're close to hitting your targets.

BULK POWDERS ADVANCED BUNDLE

REFUEL WITH THIS COLLECTION WORTH **£112.92** FOR **ONLY £59.99**





VITAMIN D3 90 TABS
Vit D clads your bones with calcium

IT'S SHAKEN, NOT STIRRED

Blender

The final ticked box in your supplement package. Dishwasher-safe, this bottle is also made of a durable plastic that can be easily packed into a gym bag.



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Complete Pre-Workout™ Advanced – 500g

An intelligent pre-workout powder which mixes easily into shakes and is loaded with BCAAs, caffeine and an array of performance-enhancing nutrients to prep your mind and body for action.



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Omega 3 – 90 softgels

Fatty acids aid the normal functioning of your ticker by regulating cholesterol levels. BULK POWDERS™ capsules provide you with a quality punch of these essential fish oils.



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YOU'RE FIRED

Complete Thermogenic ™ – 90 tabs

Metabolism-enhancing nutrients ensure you burn as much fat as possible.





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STARTER PACK

For only **£39.99** you have access to premium whey protein, vitamin supplements, and accessories to help you bypass the dreaded DOMS.

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PRO PACK

Crush plateaus with this elite protein bundle for only **£79.99** packed with quality products and high-grade ingredients, so you can achieve success at the highest level.

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COMING SOON THE NEW EXPLOSIVE
PRE WORKOUT INSANITY!

/BIOSYNERGY #MAKEITHAPPEN

UPPER BODY

THE FINAL PULL

WORKOUT 5

Mastering your own bodyweight is a crucial landmark in your transformation. Over these last four weeks we'll be calling on you to prove your mettle with unassisted dips, pull-ups and chin-ups. But first up is a wicked giant set: it's tough but minimal rest will yield maximal effect. Welcome to the elite

PERFORM THIS
MON & THU

REST PERIOD
60 SECONDS

ADDED

1.8KG

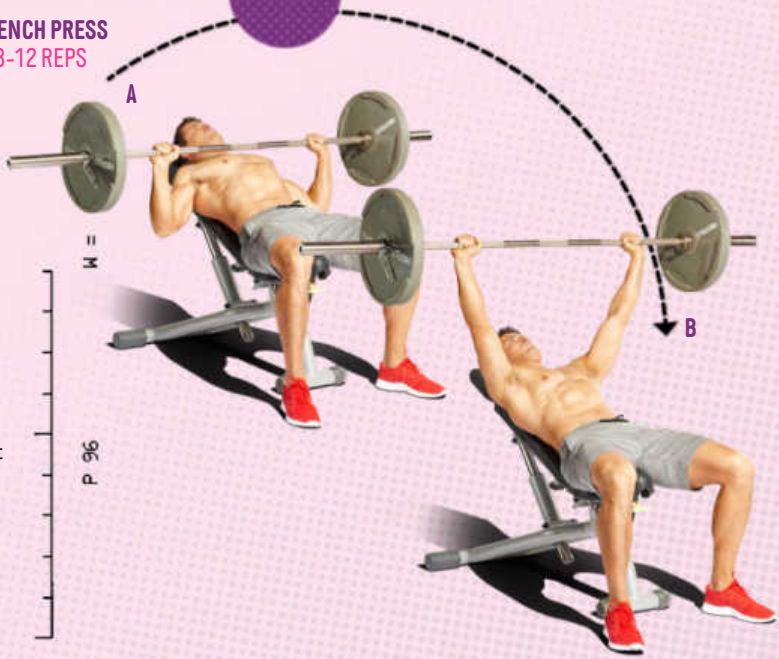
MUSCLE



GIANT SET

01a \ INCLINE BENCH PRESS
4 SETS OF 8-12 REPS

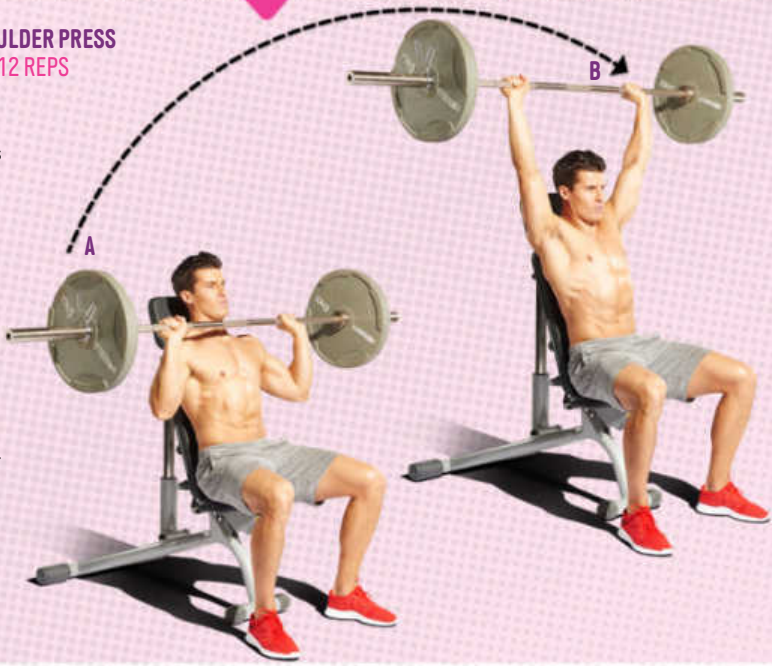
Setting the bench to an incline will place serious demand on your upper pecs. Lie on the bench with a barbell raised, arms extended and hands slightly wider than shoulder-width (**A**). Lower the barbell to your upper chest and pause for a moment (**B**); press back up with force. Go straight to the next move.



P 96

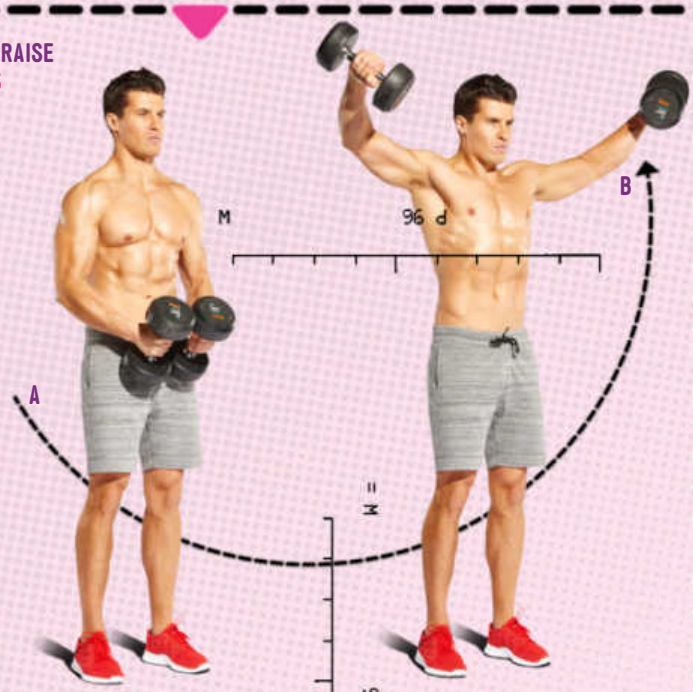
01b \ SEATED SHOULDER PRESS
4 SETS OF 8-12 REPS

With as little rest as possible, crank the bench up to 90 degrees and go again. You're focusing on your deltoids now, but your triceps will still be in support mode. Hold the bar above you, palms facing forward. Tense your glutes to stabilise your core as you lower the barbell until it's just above your shoulders (**A**), then push it back up (**B**). Again, move on, fast.



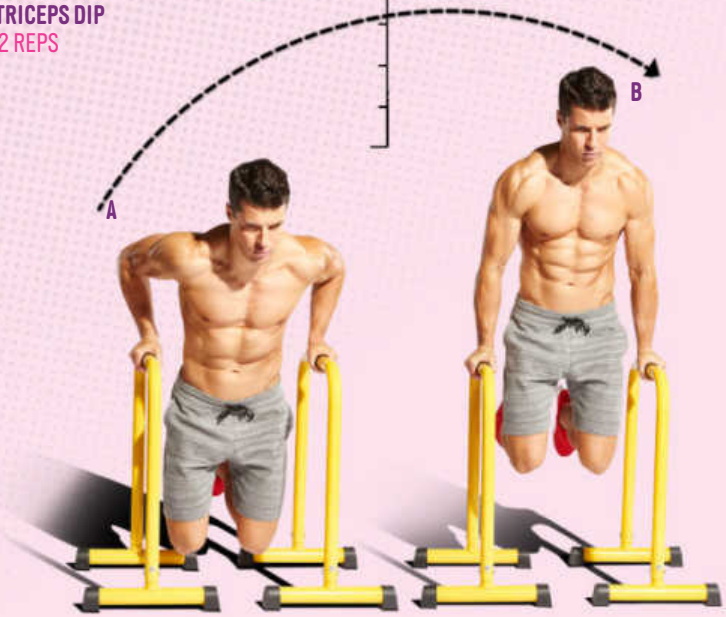
01c DUMBBELL LATERAL RAISE
4 SETS OF 8-12 REPS

Ditching the bar for dumbbells will target the stabiliser muscles. Stand upright with one in each hand, palms facing inward (**A**). Sink slightly with your knees to brace your core, then raise the weights to your sides until just above shoulder-height (**B**). Don't be tempted to thrust your hips to help the weights up; be strict with your form. Finish your reps then head to the dip station.



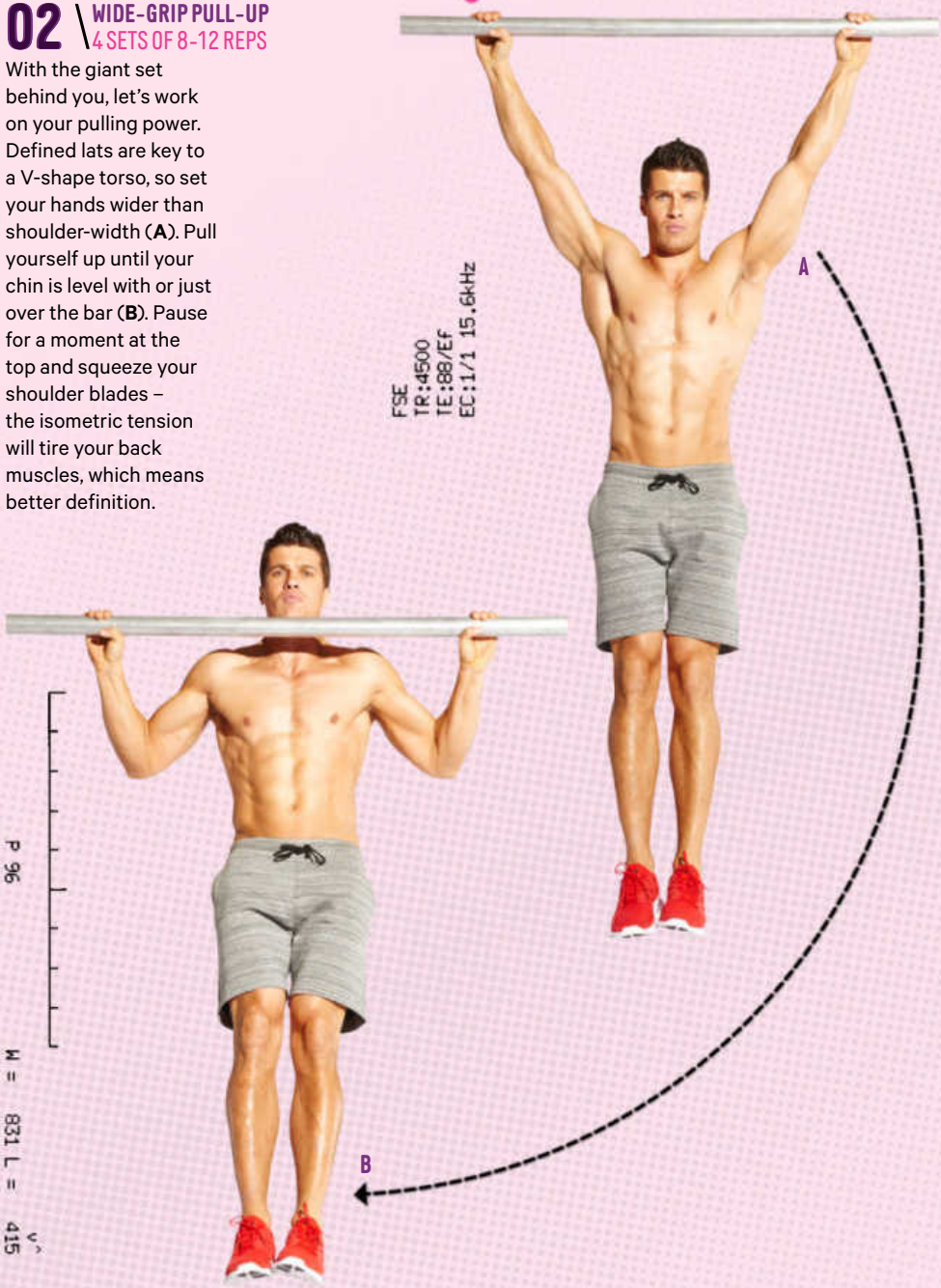
01d UNASSISTED TRICEPS DIP
4 SETS OF 8-12 REPS

Standard dips are tough; dips at the end of a giant set are brutal. Lift yourself onto a set of parallel bars so your palms are facing in. Hold tension in your core and glutes to maintain a strong position, then lower yourself until your arms are bent at 90 degrees (**A**). Push hard to get back up (**B**). Do 8-12, rest 60 seconds, and then return to the bench press.



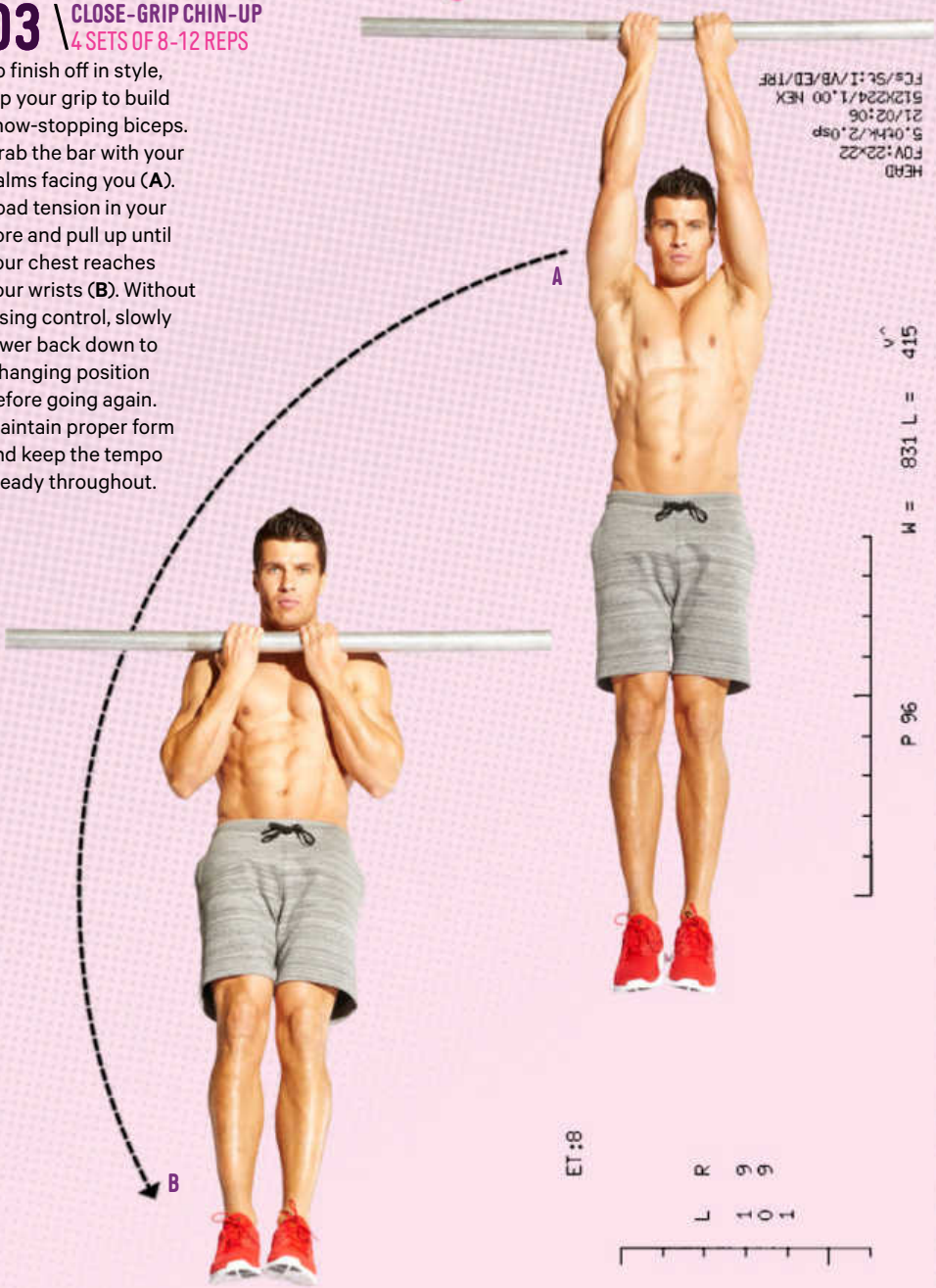
02 \ WIDE-GRIP PULL-UP
4 SETS OF 8-12 REPS

With the giant set behind you, let's work on your pulling power. Defined lats are key to a V-shape torso, so set your hands wider than shoulder-width (**A**). Pull yourself up until your chin is level with or just over the bar (**B**). Pause for a moment at the top and squeeze your shoulder blades – the isometric tension will tire your back muscles, which means better definition.



03 CLOSE-GRIP CHIN-UP
4 SETS OF 8-12 REPS

To finish off in style, flip your grip to build show-stopping biceps. Grab the bar with your palms facing you (**A**). Load tension in your core and pull up until your chest reaches your wrists (**B**). Without losing control, slowly lower back down to a hanging position before going again. Maintain proper form and keep the tempo steady throughout.



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20g PROTEIN | ONLY 97 CALORIES
ONLY 1.1g FAT PER SERVING

MANUFACTURED IN AN INFORMED-SPORT REGISTERED FACILITY.

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LOWER BODY

GIANT STEPS FORWARD

WORKOUT 6

Over this final stretch, your heart rate needs to hit the roof for your body fat to fall through the floor. The last giant set delivers a calorie burn that will continue for hours. But first, you've some heavy lifting to do

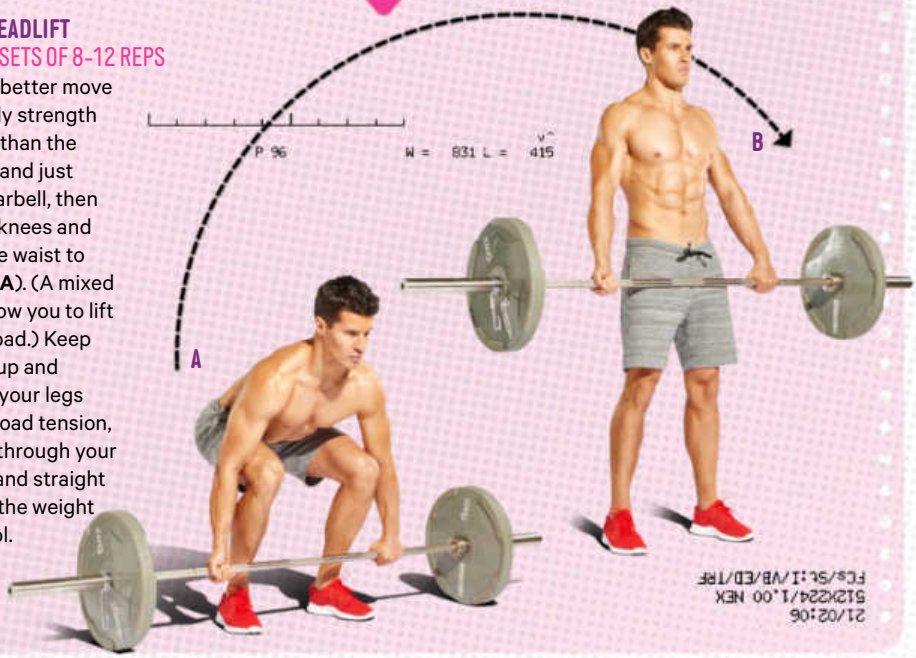
PERFORM
WED & FRI

REST
60SEC



01 DEADLIFT
4 SETS OF 8-12 REPS

There's no better move for full-body strength and power than the deadlift. Stand just behind a barbell, then bend your knees and hinge at the waist to grab hold (**A**). (A mixed grip will allow you to lift a heavier load.) Keep your head up and straighten your legs slightly to load tension, then drive through your heels to stand straight (**B**). Lower the weight with control.



GIANT SET

02a \ HEELS-ELEVATED BACK SQUAT
4 SETS OF 8-12 REPS

Just one more giant set to blast through. Stick a foam wedge or two plates under your heels, so only the balls of your feet touch the floor. Hold a bar across your upper back with a wide, overhand grip (**A**). With your core strong and keeping your back straight, squat until your knees are at 90 degrees (**B**). Stand up explosively. Keep moving.



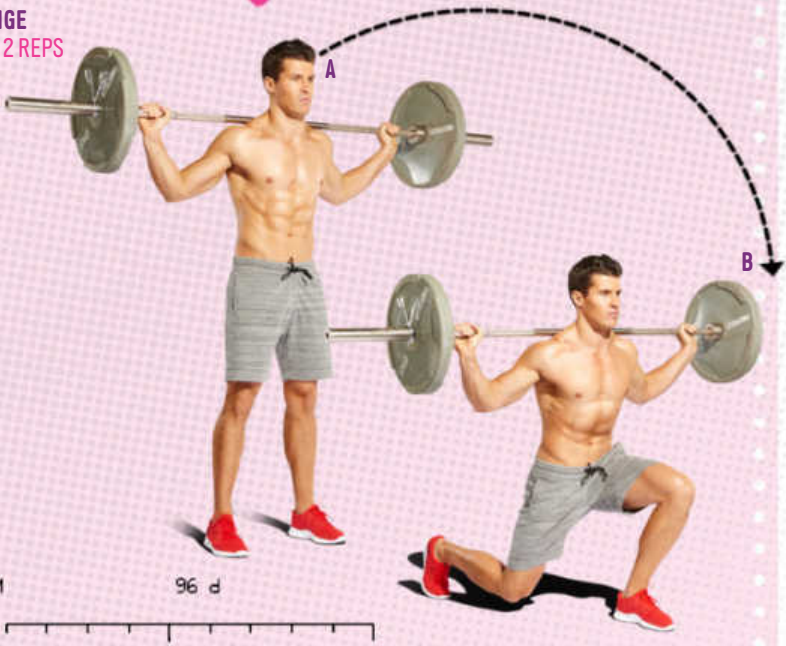
02b \ BARBELL HIP THRUSTER
4 SETS OF 8-12 REPS

With your upper back resting on a bench and feet flat, balance a bar across your hips, holding it with a wide grip (**A**). Tense your glutes and core to push your hips up, making sure that the bar doesn't roll back across your torso (**B**). Pause for a beat before going again. Done your 8-12 reps? Onto the lunges...



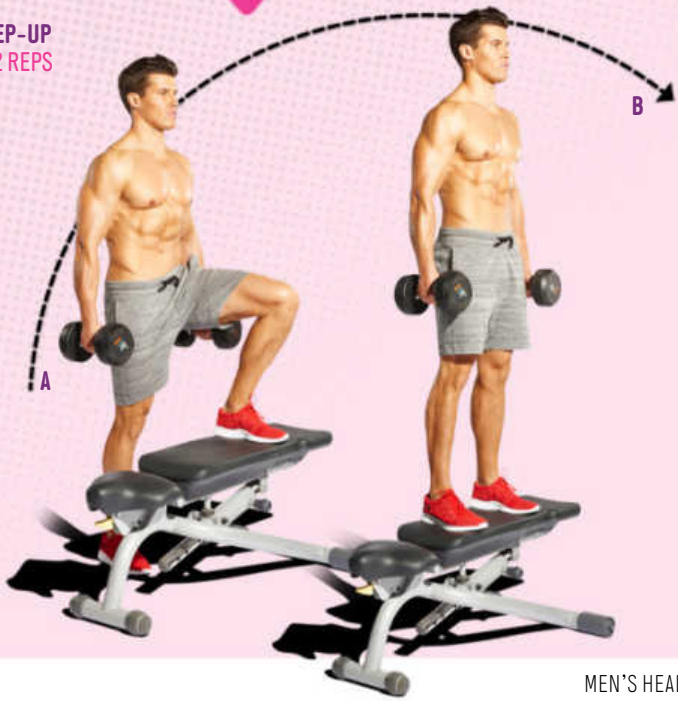
02c BARBELL LUNGE
4 SETS OF 8-12 REPS

Going back under the bar will pay dividends later, no matter what your legs are telling you. Take a wide overhand grip and stand upright with your eyes level, focusing on keeping tension in your core (**A**). Take a big step forward with one leg, bending so the other knee almost touches the floor (**B**). Step back up and switch legs. Keep on alternating.



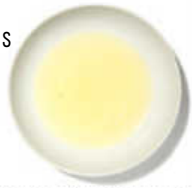
02d DUMBBELL STEP-UP
4 SETS OF 8-12 REPS

Time to slay this giant in style. Grab a dumbbell in each hand and stand upright in front of a bench. Place one foot on top (**A**), then drive through your heel to step onto the platform (**B**), before immediately returning to repeat with your right leg. Rest for 60 seconds then repeat the whole set again. Good work.



TURF AND SURF TO THE FINISH

Take a scythe to your fat stores using this gourmet meal planner with a heavy-protein, low-carb hit

TIME	INGREDIENTS				
08:00 BREAKFAST	EGG WHITES x5 	SMOKED SALMON 50g 	ALMONDS 20g 		
11:00	POST-WORKOUT: PROTEIN SHAKE				
13:00 LUNCH	OPTION 1	RUMP STEAK 180g 	GREEN BEANS 200g 	SWEET POTATO 150g 	NUTRITIONAL INFO CARBS 44G PROTEIN 46G FAT 9G KCAL 430
15:30 SNACK	OPTION 1	RUMP STEAK 180g 	GREEN BEANS 200g 		NUTRITIONAL INFO CARBS 14G PROTEIN 43G FAT 9G KCAL 301
18:30 DINNER	OPTION 1	RUMP STEAK 180g 	GREEN BEANS 200g 	SWEET POTATO 150g 	NUTRITIONAL INFO CARBS 44G PROTEIN 46G FAT 9G KCAL 430
21:00	PRE-BED SNACK: PROTEIN SHAKE				

Your final nutritional push is what muscle-building dreams are made of. Steak and salmon are an inseparable high-protein power couple, after all. But there's a trade off – the carbs that saw you wake up feeling fresh are gone and some of the fat's been stripped too. But force down the scrambled egg whites for four weeks and you'll hatch abs five and six by the end of the month.

P 96 W = 831 L = 415

	SPINACH 50g 	CHERRY TOMATOES 80g 		NUTRITIONAL INFO CARBS 9G PROTEIN 37G FAT 16G KCAL 300
	CARBS 3G PROTEIN 24G FAT 4G KCAL 104			
OPTION 2	SALMON FILLET 200g 	BROCCOLI 150g 	BROWN RICE 150g 	NUTRITIONAL INFO CARBS 45G PROTEIN 43G FAT 25G KCAL 460
OPTION 2	SALMON FILLET 200g 	BROCCOLI 150g 		NUTRITIONAL INFO CARBS 11G PROTEIN 28G FAT 24G KCAL 186
OPTION 2	SALMON FILLET 200g 	BROCCOLI 150g 	BROWN RICE 150g 	NUTRITIONAL INFO CARBS 45G PROTEIN 43G FAT 25G KCAL 460
	CARBS 1G PROTEIN 27G FAT 0G KCAL 108			

PHOTOGRAPHY: DAN MATTHEWS, HEARST STUDIOS

YOUR NEW-BODY MATRIX

STOCK UP ON FAT FOR LEAN TIMES AHEAD

Think you know your nutritional enemies? Think again. The macros in this final phase may mess with your head, but eat fat the right way and you'll slash inches from your waist. With your carb count lower, fat provides the energy to power you over the line

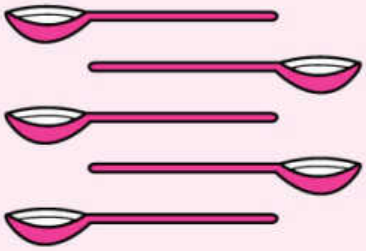
HEAD
FOV:22x22
5.0thk/2.0sp
21/02:06
512X224/1.00 NEX
FCs/St:I/VB/ED/I

TOT

FAT

72g

Increasing your fat intake during a phase focused on stripping it from your body does seem to fly in the face of logic. But your low carb count means you should now be in a state of ketosis. That's where your body burns fat and not carbohydrates for fuel. You're just filling up a well-oiled machine. Still doubtful? Trust us, it's science.



COCONUT OIL – 5TBSP

Too many protein shakes will do your bowels no favours. Instead, add a spoonful of coconut oil next time you're scrambling eggs.

VS



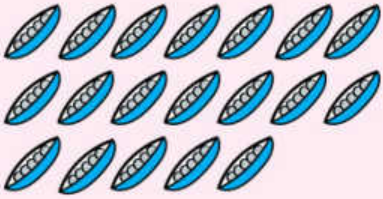
PROTEIN SHAKES – 18

WORDS: TED LANE | ILLUSTRATIONS: ROBERT GUDDEMI

CARBS

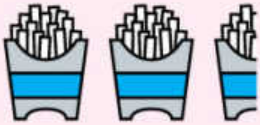
112g

When your carb limit is set this low, you come to realise just how many are crammed in your cruciferous veg. There's very little room on your plate for more 'traditional' carbs this month; your toast and porridge are out.



GREEN BEANS – 19 PORTIONS

VS



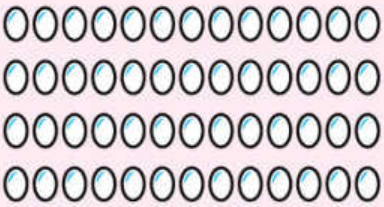
MCDONALD'S FRIES – 2.3 BOXES

Sure, it's quicker to score your carbs from Ronald. But to swerve the heaps of salt, you're better off going green.

PROTEIN

209g

Predictably, muscle's favourite nutrient remains high even at this stage. You might be trying to keep the calories low but you've also built new mass that needs support and repair. Don't risk slowing down at the final hurdle.



EGG WHITES – 52

VS



RUMP STEAK – 5.7

Ted struggled with his breakfast egg quota. Fortunately there are more palatable ways to hit your protein target.



USN's B4-Bomb is a **powerful pre-workout** designed to enhance your physical performance and mental focus to maximise your training session. Available in two delicious flavours; **Pineapple Punch** and **Lime & Lemonade**, B4-Bomb is designed to support your energy levels and stamina when it counts.

USN

A POWERFUL SUPPLEMENT FROM THE HARDCORE SERIES

SCIENTIFICALLY GROUNDED NUTRITIONAL TECHNOLOGY

SMASH THROUGH YOUR BARRIERS

#CHALLENGEYOURSELF



Each 6.5g serving contains

B4 TURBO STACK - 4345mg

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150mg CAFFEINE

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PILLS & POWDERS

SUPPLEMENTAL ASSISTANCE

If you're sticking to your diet of steak, salmon and greens then that should be enough, right? Well, almost. Hitting the gym this hard means you're tearing muscle fibres apart and burning your body's natural supply of amino acids and electrolytes. That's why it pays to have a few reinforcements in store



01 / SLEEPING GIANT

MH Lab Active Recovery £7

While endless reps will leave you feeling mentally and physically exhausted, raised levels of adrenaline coursing through your body can still make sleep elusive. However, if you want to give your new muscles time to grow, getting eight hours needs to be a priority. These MH tablets are packed with magnesium, which research shows improves muscle recovery as well as sleep quality.



04 / GO ALL THE WHEY

USN Whey Isolate £40

The most scientifically supported supplement on the planet, whey protein is proven to increase protein synthesis (ie muscle growth). Whey protein isolate, such as the kind included in this high-quality option from USN, offers quicker and more efficient absorption than cheaper concentrate versions. Shake up a serving as soon after your workout as possible.



05 / BRANCHED-CHAIN REACTIONS

Nutri Advanced BCAA £22.50

Timing your double espresso to kick in mid-session won't be enough to carry you through 60 minutes of max intensity. But four caps of branched-chain amino acids will not only prime your muscles, they'll also increase your endurance, says a *Journal of Sports Medicine & Physical Fitness* study. Pop these and leave nothing in the tank.



02 / FISH FOR EXCELLENCE

Eskimo-3 Extra Fish Oil £25

The benefits of fish oil for your heart, joints and brain are well established. But the International Society of Sports Nutrition confirms that it can also blunt production of the hormone cortisol, which surges in times of physical or mental stress (like an intense workout programme, for instance) and has a nasty habit of breaking down muscle and promoting fat storage. Stop swimming upstream; take a chill pill.



03 / ALL IN A NIGHT'S WORK

Bulk Powders Micellar Casein £18

Topping up your diet with protein is a 24-hour hour commitment, especially since the University of Maastricht found muscle protein synthesis is 22% higher at night. But setting an alarm for a midnight steak will take a bite out of your sleep cycle. Instead, glug a casein shake pre-bed. It's a slow-release protein that'll drip-feed your muscles overnight, so you wake up stronger.



06 / ROLLER JOINT

Puressentiel Muscle & Joint Roller £15

If you're new to the practice of shifting heavy metal, your joints can start creaking under the pressure. Meet your personal WD-40. Get your recovery process rolling by applying the essential oils and natural painkillers directly to your joints. Massage into your muscles too when DOMS sets in – the anti-inflammatory properties combat tension and stiffness instantly. Just don't confuse it with your deodorant.



07 / COME GAIN AND SHINE

***MH* Lab Vitamin D3 £10**

According to research published in the journal *Hormone and Metabolic Research*, vitamin D increases the production of testosterone, an essential ingredient for both muscle building and fat burning. Unfortunately, new-year gloom can make getting your dose of the sunshine vitamin difficult. Pop this supp once a week to keep your levels high and your results shining through.

PHOTOGRAPHY: HEARST STUDIOS

YOUR KIT LIST

TRANSFORMATION BEGINS AT HOME

Making it to the gym four days a week for the next three months is a pretty serious undertaking – one your busy schedule will doubtless do its best to derail. But a day out of the squat rack doesn't have to mean throwing in the towel. With these home-gym essentials you can transform anytime

PATH OF MOST RESISTANCE

Body-Solid Resistance Tube £10 fitness-superstore.co.uk

An essential piece of kit for every armoury, swap between biceps curls, lat raises and reverse flies to hit your whole upper body in just three moves. Get the black one: it's extra strong.

STARTING A BODY OF WORK

Wolverson Large Parallettes £45 wolverson-fitness.co.uk

Bending barbells looks impressive, but mastering your bodyweight will truly set you apart. Parallettes offer clearance for dips and are a good starting point for calisthenics moves.

SAVED BY THE KETTLEBELLS

Men's Health Elite Active 12kg Kettlebell x 2 £54 argos.co.uk

At home, trade the familiarity of dumbbells for the versatility of kettlebells: they can be swung, pressed and pulled in all directions. Just 12kg is enough to add serious size and burn fat.



IF IT AIN'T BROKE...

Peak Fitness Massage Foam Roller £21
peakfitnesssports.co.uk
Fix it anyway. Charging into a 12-week transformation will leave your muscles sore and tight. This roller is your personal pre-hab: use it to smooth out knots and release tightness all over.

NO REST FOR THE RIPPED

Gymboss Interval Timer £21 physioparts.co.uk
To reap peak results, elevate your heart rate – and keep it up. Set the timer for 4min of Tabata and end every workout with cardio intervals. They'll send your calorie burn into overdrive. It's EPOCalypse now.

ROLL WITH THE CRUNCHES

FreeFORM Board £137
physicalcompany.co.uk
Don't let the pricetag put you off – this is *the* piece of kit to elevate your abs. Work your core through every plane of movement and make strength moves abs-centric. Your old ab wheel no longer cuts it.

PHOTOGRAPHY: HEARST STUDIOS
WORDS: TED LANE

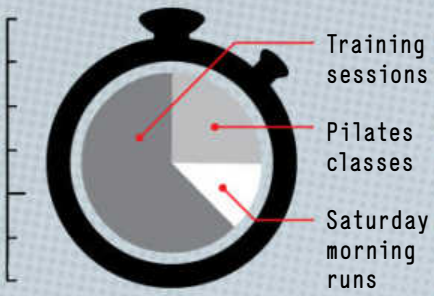
THE KEY TO CUTTING A LEANER FIGURE

Crunch the numbers on Ted's challenge to find out exactly what it takes to overhaul your fitness in 12 weeks flat

TOTAL TRAINING TIME: 96 HOURS

(Equivalent to 4 straight days & nights)





44,210 calories burned through exercise

(Or 93 cheeseburgers' worth)



23

Ted's **'metabolic age'** dropped by almost as many years as he's been alive, from **40** right down to **17**

	Week 01	Week 12
Back squat	40kg	90kg
Bench press	25kg	75kg
Deadlift	30kg	100kg

Resting heart rate...

- At start of challenge **62bpm**
- After challenge **49bpm**
- Of a pro endurance athlete **40bpm**

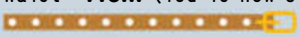
44.8

The litres of protein shakes Ted downed

(Enough to fill a shallow bath)



- Weight **-6.2kg** (Equivalent to a small dog)
- Muscle mass **+1.8kg** (That's 5 x 12oz steaks)
- Body fat **-8.5%** (Or 67 blocks of cheese)
- Waist **-11cm** (Ted is now 3 belt holes down)



WORDS: SCARLETT WRENCH

Who's selling your favourite supplements the cheapest today?



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The supplement comparison website.



To receive your unique sign-up code and become a full member of our new fitness fraternity, transforming physiques together, just email

transform@menshealth.co.uk

then head to

menshealth.co.uk/transform